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THE BEACH NEWS

Always Boosting Mission Beach, Ocean Beach, Pacific Beach and Point Loma

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Some Civic Conundrums

Community Forum

This Forum is open to our readers for the expression of opinions and criticisms, whether favorable or unfavorable, on any and all subjects and questions affecting the Beach communities. The views herein expressed are not necessarily our views. We do not ask you to agree with them or with us. We will publish as many reasonable letters each week as space will permit. Please write on one side of the paper only, and sign all communications, not obligatory for publication, unless so requested, but as an evidence of good faith.

THE EDITOR.

PERTINENT AND PITHY CLANGS AND WHANGS ABOUT LIBRARY SITE

Ocean Beach, Jan. 10, 1926.

Editor "The Beach News":

What's the matter with the Library Board and the Civic Center planners?

As an Ocean Beach booster, I'm somewhat nonplussed over the selection of the new library site at Cable street and Newport avenue.

Why did the Library Board pay $3,000 for a "blind" lot, 50x100 (with no alley), when they could have obtained 50x140 (with alley advantages) at half the price, on DeFoe street, within the proposed Civic Center area?

Who was responsible for the purchase of the present site at **business property prices**, which we taxpayers will have to PAY, while we listen to the clang of the fire gong on one side and the whang of an auto repair shop on the other—as we read and study in the "quietude" of a business street?

How did it happen that none of the Ocean Beach civic associations had a voice in the suggestion of a library site as a future possibility for a community house location?

Where was Tam Deering and the rest of 'em?

Oh, yes, and why a Library Board to spend real estate appropriations regardless of who, where and how?

O. B. BOOKWORM.

"EVERY HOME-PLACE A FARM YARD"

Ocean Beach, Jan. 13, 1926.

Editor "The Beach News."

Dear Sir: Can it be possible that there is an ordinance prohibiting the keeping of goats, rabbits, fowls, etc., within the city limits? Who is so hard-hearted that would insist on such an ordinance? Do they not realize they are hitting the pocketbooks of the people.

It is quite all right to complain of the boys and girls (the savages!), much loved pets like dogs (and poison them), the noisy airmen (who more gallant and brave?), but why, Oh! why, touch our pocketbooks?

I grant you that windows have to be closed on sultry days and foggy nights because of the acrid stench from rabbit hutches, hen and duck yards; that there is no sleep for the nervous person when roosters mark the passing of the hours at night. But what of that? Just think of the money they save and earn for us! "Every home-place a farm yard" should be the slogan for Ocean Beach. Very truly, LEW.

PRESENT AND FUTURE PAVING PROGRESS

The paving of Voltaire street has been completed and the thoroughfare is now open to traffic for the full width of the street.

Workman are slowly getting Bacon street in condition for paving, and the new street car tracks will be ready for use probably "some time in the spring, tra-la!"

The DeFoe street connection has been put in shape for the spreading of asphalt, and the highway will be open to traffib within another week or so.

Renew subscriptions now for 1926.

Kodak Films—Froide—Bacon St.

S. D. A. & N. Academy

The play which was prepared some time ago by the junior school, "In the Toy Shop," will be given Thursday night, Jan. 21, at the Woman's clubhouse at Pacific Beach.

An open meeting of the Academy Literary society will be held in the academy chapel next Wednesday evening.

A dinner dance was given recently by the juniors. Lt. F. Ganahl Carson, class president, was in charge of the entertainment.

A concert by the Treble Clef club of State college, San Diego, is announced for Feb. 19. The pupils of Miss Cara M. Garrett, in charge of the piano department at the academy, will appear in a recital on Friday evening, Feb. 12.

Members of the junior and senior classes were guests of the Rotary club of San Diego at luncheon last Thursday.

The boys heard an address by the Rev. Mr. Woolam in the chapel last Wednesday morning. Mr. Woolam has recently returned from a tour of the Holy Land.

Capt. and Mrs. Richmond Pearson Hobson visited the school this week for the purpose of enrolling their son, who will arrive soon.

Recent visitors to the academy: Mr. and Mrs. C. A. McMonagle, whose two sons entered Jan. 4, and Mr. and Mrs. Louise Dreiske, of Hollywood.

Mrs. Elizabeth F. Seeley, of Pasadena, drove down for a visit with her son, Corp. Seeley, who has been in the hospital at La Jolla for a few days.

Third Degree Work

SPECIAL MEETING BY PENIUSULA MASONIC LODGE THIS SATURDAY

The third degree will be conferred by the Peninsula Masonic lodge at their hall on Newport avenue this Saturday afternoon and evening, Jan. 16, beginning at 2:30 p. m. All members and visiting Masons are invited to be in attendance. The work will mark the first of its kind by the new lodge since the recent installation of its officers.

PAVILION BARBER SHOP—Under personal direction of A. H. Maiser. Skillful service, always.*

HIGHEST AND LOWEST TIDES OF THE YEAR

A trio of seven-foot tides, marking the highest of the year, took place in San Diego harbor during this week. The first of the three high tides occurred last Wednesday and was witnessed by hundreds of spectators. It was followed by a 1.5 foot minus tide, the lowest of the year. The great rise and fall of sea water was repeated on Thursday and Friday mornings and afternoons, respectively.

Photographs—Froide—Bacon St.

THREE NEW COTTAGES

B. Boyd, of 4827 Brighton avenue, has taken out permits for the construction of three frame cottages, costing $1800 each, at 1980-82-84 Bacon street, Ocean Beach.

SCHOOL OF AGRICULTURE OVER RADIO STATION WLS

Announcement is made by Samuel R. Guard, director of the Sears-Roebuck Agricultural Foundation, that a radio school of agriculture will be established over the foundation's Station WLS. The opening session of the school is scheduled for the evening of Jan. 12, starting promptly at 6 o'clock and continuing for one hour. Pupils will be enrolled from among the farm listeners to this short course in agriculture just as they are in a regular college or university, and their attendance via the air will be expected every day except Saturday and Sunday at the same hour.

CLASSIFIED ADS GET QUICK RESULTS

Mission Beach News Notes

By Mrs. Harry K. Turner
Press Representative, Mission Beach Chamber of Commerce
Special Representative For "The Beach News"

The work of a writer at present living in Mission Beach is to appear in England in the near future, according to an announcement just received here. One of the leading London publishers is bringing out a volume of short stories by Mr. George E. Holt, most of which have been published during the last year or two in American magazines, and have as a background the country of Morocco, in Africa, with which Mr. Holt is well acquainted. This is the local writer's second volume to be published in England, "Morocco the Piquant" preceding it.

Mr. and Mrs. Len Chapman and daughter, Barbara, prominent residents of Dallas, Oregon, and friends of Mr. and Mrs. F. G. Greenfield, recently visited the Greenfields on Ormond court, en route to their home. The Chapmans own a large apartment house in Long Beach, and two or three times a year drive through California to enjoy its sunny clime.

Capt. M. J. McNulty, of the U.S.S. Eagle 12, will steer for Los Angeles Jan. 22. The vessel will return to San Diego in two or three weeks. Mrs. McNulty will motor to Los Angeles for a week's visit during the vessel's stay at San Pedro.

Judge and Mrs. Claude C. Chambers entertained recently with a dinner-dance party at the Mission Beach Casino cafe, to celebrate their first wedding anniversary. The guests invited were Mr. and Mrs. George Newton, Mr. and Mrs. Al Lambla, Mrs. C. M. Wood, and Mr. and Mrs. Tanske.

Mr. Wm. Kiskadden, formerly of Ostend court, fell in San Diego and broke his ankle, and is walking on crutches.

Mission Beach People:—Residents and visitors of Mission Beach are requested to leave news items at the postoffice for Mrs. Turner, Box 99, before Sunday of each week, such items to be published under Mission Beach News Notes in "The Beach News" on the following Saturday.

Mr. and Mrs. R. Bennett, who have been staying in the Eckles cottage on Tangiers court, have unexpectedly been called to Seattle on business.

Mr. and Mrs. J. D. McCoy have motored to their former home in Phoenix, Arizona, for a two weeks' stay.

E. V. Stevenson, of the IXL grocery, and R. N. Ink, Mission Beach real estate man, are making a ten-day business trip to Ray, Arizona. Mr. Stevenson has interests in the copper mines at Ray.

Mr. and Mrs. Niels Erickson and four children have moved to the Turner cottage on Newport court. Mr. Erickson is vice-president of the Erickson Investment company.

Mr. and Mrs. F. G. Greenfield, of 726 Ormond court, recently entertained with an elaborate dinner reception to a few of their friends. Part of the evening hours were spent dancing and enjoying the sports at the Mission Beach Amusement Center. Those present were: Mr. and Mrs. Andrew J. Reisze, Mr. and Mrs. Jesse Teale and daughter, Lilamae; Bettina Greenfield and the host and hostess.

Mr. and Mrs. Ernest Smith, Betty Smith and Elvira Sinclair, of Glendale, were house guests of Mr. and Mrs. John Coker recently.

Mr. and Mrs. C. Robertson and little son, and Mr. Robertson's niece, have moved into their new home on the southwest corner of Mission boulevard and Venice court.

Subscribe for "The Beach News."

Home Paper Truly Valued

AN APPRECIATION

The Union League Club of San Diego County, California

San Diego, Calif., January 11, 1926.

Mr. Kirk Smith, Editor "The Beach News."
Ocean Beach, California.

My dear Kirk and Mrs. Smith: It was with more than passing interest that I inspected your Christmas edition of "The Beach News"; it was a wonderful edition and shows the work of an artist.

Your subscribers and advertisers must have felt an inner pride of their "own home-town paper." I can well forgive them for this feeling, for the issue speaks well for the capability and earnest intention of the editor, and the co-operator, Mrs. Smith, to give its subscribers a clean, wholesome publication that for its news and advertisements has more than a welcome reception in the homes.

I'm often forced to criticize a local merchant in a small community who fails to take advantage of the opportunity to acquaint the neighbor or the buyers through a local publication that, on account of its being a local issue, receives more attention than the more important papers of a large city.

If you were to take a straw vote on it, I am satisfied that you will find in nine out of ten families the local paper is read by every member of the family. Dad reads the news and business section. Ma looks for bargains and keeps in close touch with the society section. Bill hunts up the baseball and, incidentally, looks for news of the next bathing-girl contest; while Mary is interested in the dance news. And so it goes—everyone has some interest in a local paper.

Again, a local paper is the carrier of news to a prospective homeseeker. Ma sends the paper back home to the old folks with marked attention to some particular news. Folks back home pass it on as interesting news to the neighbors. They note the bargains in real estate, weather reports of climatic conditions, opportunities for business, etc. All this creates an incentive to come to the Pacific coast.

So I must admit it is hard to get a real value of what a good, live local paper means to a community, unless you take all the above into consideration. You have such a paper in "The Beach News," and I wish for you and Mrs. Smith great prosperity for 1926 and that all your heart's desires are realized.

Truly yours,
C. J. DONALDSON,
Chairman Membership Committee,
The Union League Club.

Kodak Finishing—Froide—Bacon St.

O. B. LIBRARY

MARGARET RANKIN, LIBRARIAN

"Lives of great men all remind us."

The following biographies are for circulation at the O. B. branch library: The Man John D. Spreckels, Adams; Life of Mary Baker Eddy, Wilbur; Child of the Orient, Brown; My Chinese Marriage; Most Famous Beauty of China, Shi Chung; Story of My Life, Keller; Log Cabin Lady; Noon, Kathleen Norris; Marbacka, Selma Lagerlof; Joshua Barney, Ralph Paine; Alone, Norman Douglas; Dipper Hill, Green; Theodore Roosecelt, His Logic and Career, Washburn; Theodore Roosevelt's Letters to His Children; Up from Slavery, Washington.

REWARD!

LOST on or about December 26, KEYS in brown leather case. Liberal reward if returned to owner, or for information leading to their recovery. JEAN RITTENHOUSE, 5000 Voltaire st., Ocean Beach. Phone Pt. Loma 188-W. Advt.

PETITION DENIED

City Manager Fred Rhodes has reported unfavorably on a petition requesting an all-year-round caretaker for the beach at Ocean Beach.

THE BEAUTY SHOP
Phone Point Loma 193

'Property Line' Fuss

PROTEST STORE ON CAPE MAY AVENUE AT DEFOE STREET

Upon the announcement by B. A. Harris that he was planning to build a business building to the property line at Cape May avenue and DeFoe street, several protestants petitioned the city council last Monday, requesting the refusal of a permit. The matter was referred to the city planning commission for investigation and early report.

NEW ORDINANCE WILL COMPEL PEDDLERS TO WEAR BADGES

The city council this week instructed the city attorney to draw up an ordinance requiring all house-to-house peddlers and solicitors to wear badges issued by the city. It is believed the plan will do away with fake solicitors and persons who go from house to house obtaining details for the operation of burglars and other unlawful purposes.

RADIO RECOGNIZED AS GREAT HOME INFLUENCE FOR EDUCATION

Two years ago there were few ready-made radio sets on the market. Today there are about 140, ranging from crystal receivers selling for five dollars to the elaborate super-heterodynes, costing hundreds of dollars. In fact, radio is fast becoming recognized as a family necessity, and Bowker & Deuell, of the Strand Radio Co., state that a beach home without a receiving set will soon be rare, indeed.

Radio authorities declare that the missing of broadcasting by day or night will be considered as serious an injury to the American people as failure to read newspapers, magazines and books. Manufacturers are spending large sums of money for research and experiments to perfect the receiving set and gain simplicity of operation.

Owing to the rapid development of the radio, children nowadays, long before they read or write, will understand the spoken message from radio receivers and gain a foundation for an education that their parents had no opportunity of securing. This will mean a better education for the coming generation and will be due directly to radio simplicity of operation.

Point Loma Monument

COMMITTEE PLANS SECURING MEMORIAL FUND DURING THIS YEAR

Funds for the erection of a Cabrillo memorial monument at the end of Point Loma will be raised within the current year, according to plans of the memorial committee announced by N. W. Armstrong, secretary-manager of the San Leandro Chamber of Commerce, who is in San Diego to confer with the local memorial committee. A total of $150,000 is sought, some $20,000 of which already has been pledged by the Grand Parlor of the Native Sons of the Golden West and by members of the order in San Diego county.

The Portuguese government has given official recognition to the project, Mr. Armstrong announced. The Portuguese consul general in San Francisco, Euclides Goularte de Costa, has informed the memorial committee that his government will send a battleship here to take part in the dedicatory exercises when the manument is completed. A campaign is to be made among the Portuguese in the state, all of whom are proud of the exploits of their countryman, even though he sailed under the flag of Spain.

San Leandro, Mr. Armstrong says, is the Portuguese capital of the United States, and there is a great deal of interest among the Portuguese there and they are working with their other countrymen throughout the state in their national fraternities.

For demonstration of HUDSON and ESSEX cars, call EARL HAAS, Pt. Loma 161-W.

NATION-WIDE RADIO FADING TESTS DURING FEBRUARY

Dates for the national tests of radio reception to determine the causes of static and fading are now announced after 4000 of the 4500 designated observation stations have expressed a willingness to take part in the survey. The first test will be held on the night of Feb. 9, from 8 to 11 o'clock, central standard time. The second and third will be on the two succeeding nights at the same hours. Subsequent trials will be held throughout the winter, should the data obtained indicate that real progress in a search for the causes of these two major radio annoyances is possible.

It was originally planned to hold these tests in January, but owing to the international tests scheduled for that month, it was decided to hold the fading and static tests at a later date.

Most of the observations will be made by broadcast listeners using standard receiving sets and depending for the accuracy of their reports upon their own ears. However, to insure the scientific accuracy of the result, twenty control stations equipped with electrical measuring devices and automatic recorders will be placed in the principal broadcasting centers of the country.

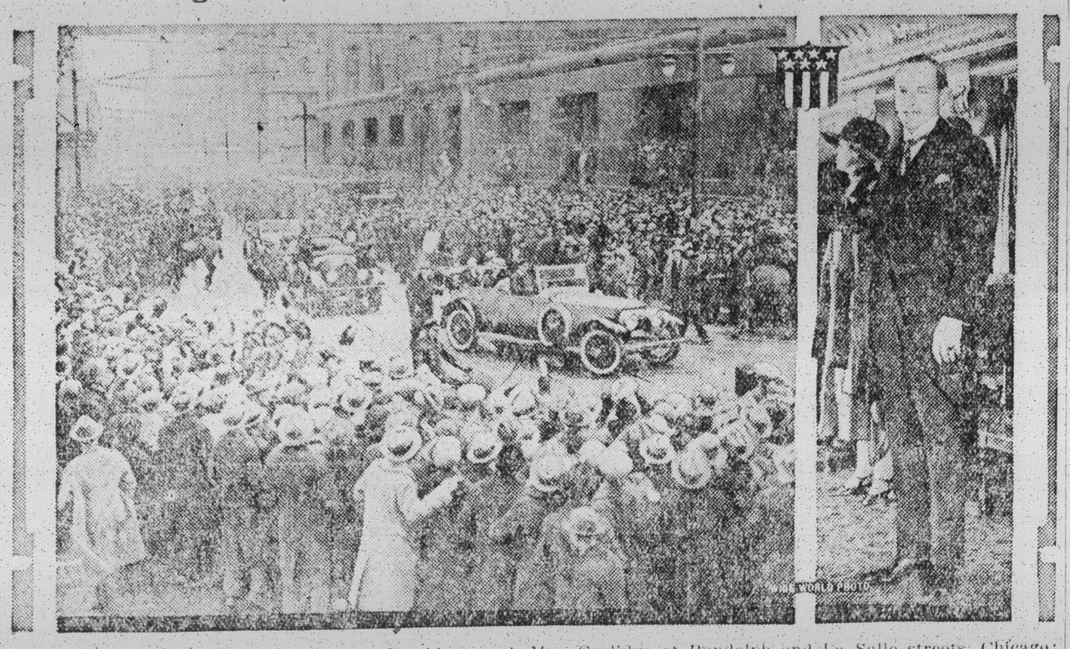
Stationery—Froide—Bacon St.

EXPERTS SEEKING TO SOLVE PROBLEM OF RADIO INTERFERENCE

Because of the fact that a great deal of local radio interference is caused by electrical disturbance, an interference committee has been formed in San Diego, representing the navy, the telephone, street railway and power companies, the chamber of commerce, and the radio dealers, and as fast as sources of interference are discovered they will be eliminated as far as possible.

Navy radio officers in charge of the communication department of the Eleventh naval district have been doing all in their power to eliminate interference from the great transmitting station at Chollas Heights. A new transmitter will be installed completely by June, and all interference from the large arc then will be a thing of the past.

Chicago Receives a Visit From President Coolidge



View of the great crowds greeting President and Mrs. Coolidge at Randolph and La Salle streets, Chicago; and, at right, the President as he was addressing the convention of the American Farm Bureau federation in the ballroom of the Hotel Sherman.

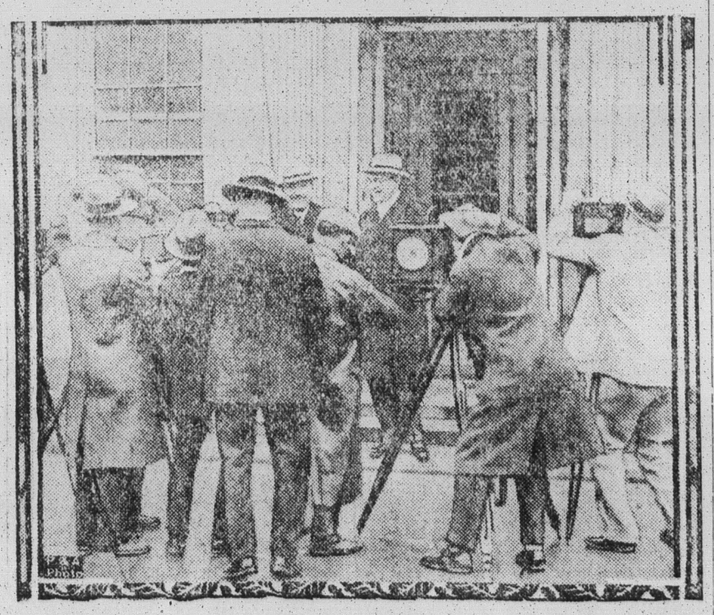
Action Pictures of Civil Warfare in China

These two pictures were made during an attack by the troops of Feng, the "Christian general" of China, on the forces of Marshal Chang, the war lord of Manchuria. One shows a cavalry charge and the other the artillery in action.

McAdoo Helps Near East Relief

Since the Smyrna disaster, the Greek government has spent $100,000,000 for the care and settlement of refugees. The Near East relief estimates that an additional expenditure of $48,000,000, or $30 per person, will be needed to complete the work for the two years. This picture shows William Gibbs McAdoo wearing regulation bill-poster's white cap, jacket and bib overalls and deftly wielding a paste brush, helping with the posters in Los Angeles announcing "Golden Rule Sunday."

White House Callers Face Camera



The above photograph shows a few of the news cameramen that camp out at the door of the President's offices at the White House from dawn to dusk, ready to "shoot" those who call to see the President. The notables being photographed are the German ambassador, Baron von Maltzen, and his guest, Prince Otto von Bismarck.

REWARD FOR ECONOMY

Mrs. C. W. Ramseyer, wife of Congressman Ramseyer of Iowa, with the hand-made rug which she presented to President Coolidge on behalf of Mrs. Carroll of Bloomfield, Iowa, who made and sent it to Mr. Coolidge to show her appreciation of his economy.

SENTENCED TO DEATH

William Cavalier of Pottsville, Pa., sixteen years old, who has been sentenced to death in the electric chair for the murder of his grandmother.

CALIFORNIA NEWS BRIEFS

P. S. Wetmore, manager of the G. W. Hume cannery at Benicia, Solano county, has announced that work has been started on the construction of improvements at the local plant. The improvements will consist of another warehouse, boiler room and additions to cottages for the employees of the company during the busy season. The warehouse will contain 14,000 square feet, about 4,000 square feet larger than the present warehouse, which was built two years ago. The size will be 70 by 200 feet and it will be built east of the present warehouse on land part of which will be leased from the city of Benicia. The new boiler room will double the capacity of the boilers now used by the cannery. The cottages and apartment houses to be constructed will house three times as many workers as the present quarters.

W. T. Hollingsworth, widely known resident of northern California, is dead at Tomales, after a lingering illness. Born in Redwood valley, Mendocino county, Hollingsworth was 57 years of age. He was a son of a pioneer family, his grandfather and father having crossed the plains with an ox team in 1842. The family located in Mendocino county, where they had since made their home. Hollingsworth was an authority on trees and timber, having received the degree of science at the University of California. He was regarded as a great scientest, ranking equal to Dr. Jepson of the university. He leaves a widow, Mrs. Dairy Hollingsworth, and the following children: Arthur, Grover, Harry, Veda Hollingsworth, Mrs. H. De Grott and Jack Morton Hollingsworth.

Plans are ready for completing the restoration of the ancient Russian church and fort at Fort Ross, Sonoma county, erected in 1812, and which for many years has been owned by the state of California and upon which some restoration work has been done to preserve it possibly for a century more. The recent legislature voted $2,500 for the work, which will be carried out under the direction of State Architect George B. McDougall, who has announced that he will give the landmark his personal attention early in the spring. It was at this place on the Fourth of July that a characteristic Russian service was held by the Rev. Father Sakovich of Trinity Russian cathedral, San Francisco.

Permission to liquidate the majority of the $10,000,000 bankrupt holdings of E. G. Lewis, California land promoter of Los Angeles, former St. Louis, Mo., millionaire publisher, was given when Referee in Bankruptcy Earle E. Moss granted a motion for the sale of assets filed by attorneys for the creditors. Oscar L. Willett and Walter A. McLure, representing a majority of the creditors, declared liquidation steps would be taken at once. Hearing on the petition of Attorney Willett, asking the removal of A. R. Rutherford and Judges Victor E. Shaw and Robert M. Clarke, charging "lack of harmony and co-ordination of effort" in administering the estate, was continued by Referee Moss until January 5.

Evidence that California cities and counties want good roads is simply given in a report prepared by State Controller Ray L. Riley, showing that during the last year these political subdivisions have spent $37,920,706 for roads, bridges and streets, exclusive of the sums expended by the state in highway construction. The counties spent $21,616,340 in building highways and bridges. On streets, alleys, curbs and gutters the municipalities disbursed $16,304,366. San Francisco's expenditures on street work as listed as $1,896,803.

Gold production in the United States in 1924 was valued at $52,277,000, an increase of $500,000 over 1923, the treasury announced. California led with a production of $13,085,700. Production in other important states was: Colorado, $8,699,900; South Dakota, $6,141,300, and Nevada, $4,547,300. The government output of domestic coin in the year ended June 30 was 190,433,558 pieces, a heavy reduction from last year, owing to a decline in the requirements for coins under $1.

Sonoma county will receive $794.50 as its share of fees and fines collected in the county courts for traffic law violations during November, according to the monthly report of Capt. Ernest Roberts of the Sonoma county traffic squad. The county traffic squad covered 6,681 miles of highway during November, according to the report.

Articles of incorporation for the Peninsula Hospital corporation have been filed with the Monterey county clerk. The capitalization is $150,000 and the directors are J. P. Sandholdt, Hugh F. Durmody, Edith M. Guerin, Carmel Martin and W. M. Gratiot of Monterey.

Federal legislation permitting prospectors to have access to railroad lands, just as they now are allowed to seek gold on government holdings, is advocated by M. E. Dittmar, secretary of the Lassen Volcanic National park, and steps are being planned, it was learned, to have the proposal presented before congress.

The Menlo Park Country club has awarded a contract to a San Francisco builder for the construction of a two-story frame and stucco club building with tile roof. It will be located at Menlo Park, Santa Clara county, and will cost $70,000.

The citizens of Novato have petitioned the Marin county board of supervisors, asking for the formation of a lighting district. The proposed district is to cover the greater part of the town and runs beyond the high school on the Point Reyes road.

A 400-pound cinnamon bear in an automobile on the Lindsay streets attracted considerable attention. The animal had been trapped and killed above Mountain Home by J. F. Bateman of Tulae, Tulare county, who stopped on his way home and displayed his kill.

The United States senate has confirmed the appointment of George J. Hatfield as federal district attorney. Reappointment of Collector of Customs William B. Hamilton at San Francisco was recommended to President Coolidge by Senator Samuel M. Shortridge, according to dispatches from Washington.

Dredging of the Sacramento river in California to a depth of ten feet from its mouth to the city of Sacamento was declared inadvisable in a report submitted to congress by Major General Taylor, chief of engineers. He recommended, however, that a lock and dam be constructed at Freeport at a cost of $2,679,000 to attain the same purpose.

At a cost of $12,000 the Pacific Gas and Electric company is laying a new 16-inch main between the Jenny creek pumping plant and the reservoir at Redding, Siskiyou county. The distance is 2,400 feet. The old wooden stave pipe that was put in twenty years ago is proving unsatisfactory on account of the many leaks that come from time to time.

Bank deposits at the call of the state treasury in 220 banks located throughout the state, totaled $21,821,500 at the close of the fiscal year, according to a statement of Charles G. Johnson, state treasurer. These deposits yielded a revenue of approximately $690,549, which was nearly 52 per cent in excess of the previous high revenue from such sources.

That San Francisco and the bay region will have another record-breaking year in building construction is the prediction of the Architect and Engineer magazine in its annual building forecast, published in its December number. The magazine estimates that there will be from $75,000,000 to $100,000,000 expended during the year 1926 in building development.

John Tyler Grigsby, 80, said to be California's oldest native son of Anglo-Saxon parents, died at his home in Yountville, Napa county, recently. Grigsby was the son of one of the California Republic's founders, Captain John Grigsby, who helped to raise the Bear flag at Sonoma on June 14, 1846. His mother, Cynthia Grigsby, designed the flag with the aid of another woman, Mrs. John Sears.

Sacramento's new $1,000,000 railroad terminal will be completed and ready for occupancy by the Southern Pacific company on January 1, it was announced by F. E. Nicholsen, building contractor. The announcement said lawns, trees and fountains in front of the terminal and a 100-foot driveway leading to the main entrance from Sixth street will make the building one of the show places of Sacramento.

"Grandma" Susanna Stevens has celebrated her 104th birthday at the home of her son, E. R. Stevens, at Del Mar. Mrs. Stevens is well known in San Diego because of her activities at public gatherings and in politics. She has voted at every election since the right of franchise was given to women. "Grandma" has seventeen grandchildren and twenty-six great grandchildren and is still hale and hearty.

First definite action toward building a municipal natatorium for Marysville was taken when the city council adopted a resolution of intention to build a swimming pool at a cost not to exceed $50,000 and to issue bonds to pay for it. The matter will go on the ballot in the city election January 18. George C. Sellon of Sacramento has been appointed architect and engineer to prepare and supervise plans for the pool.

Buried beneath three feet of loose earth, Earl Forderhase of Sutter City, is alive today to relate his experience. Forderhase was at work on the east levee of the Sutter by-pass when a cavein covered him. Fellow workmen missed him after a moment and, fearing that he might have been buried, began to rapidly excavate the site of the collapse. Forderhase had not lost consciousness when the rescuers reached him.

E. H. Wiemers, who has a ranch in Palo Verde valley, two miles north of Blythe, is probably the only rancher in Riverside county who raises pomegranates on a commercial scale and ships them in carlots. From his 5-acre orchard Mr. Wiemers produces some of the largest pomegranates to be found on the market. He recently shipped an entire carload to Los Angeles. From fruit which cannot be shipped he makes unfermented fruit juice of excellent flavor and color.

Construction work on the Dumbarton bridge, connecting the peninsula with Alameda county by spanning San Francisco bay, is now half completed, it was announced by Engineer Frank Cortelyou. The span will join the points of Newark, in Alameda county, and Dumbarton point, near Redwood City, San Mateo county. By July it will be ready for use by motor vehicles, Cortelyou stated. The engineer estimated that more than forty miles will be cut from the distance between Oakland and San Francisco via the peninsula highway by the new bridge. The bridge will cost $2,000,000.

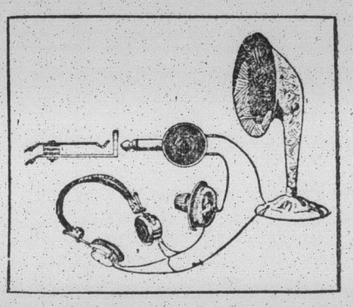
Use Phones While Speaker Operates

Regulator May Be Placed on Arm of Chair; Will Govern Volume.

Those who have trouble in hearing radio programs on a speaker may use phones even while the speaker is operated. The signals from the average set are too loud on the head phones at the final output. However, the volume can be regulated to suit the listener.

With most devices only one earphone or speaker operation is satisfactory, and the speaker has to be disconnected from the set so phones can be used comfortably. By the method employed, we save all this trouble. A potentiometer is inserted in series with the loud speaker and the telephone lead. The resistance of this potentiometer is about 6,000 ohms, but the instrument is used as a rheostat, center arm joined to one terminal.

This little regulator may be placed on the arm of the chair and the person listening in an earphones can regulate



Pictorial Diagram of the Special Loud Speaker Regulator.

the volume. He can cut in or out as much resistance as is necessary for his purpose. The volume from the speaker is not impaired and the rest of the folk, of course, hear the speaker only.

One terminal of the loudspeaker goes to the resistance wire post of the potentiometer. The arm of the potentiometer goes to one terminal of the phones. The other terminal of the phones goes to one terminal in the plug. The other terminal from the loud speaker goes to the other terminal in the plug.—Radio World.

Advocates Use of Choke for Audio Amplification

Much has been written during the past few months of the advantages and disadvantages of resistance-coupled audio-frequency amplification, and generally it has been agreed that the quality obtained from such an amplifier is an improvement over that emanating from most transformer-coupled amplifiers. Describing a new receiver in the Radio Broadcast magazine, Glenn H. Browning advocates the use of choke, or impedance-coupled stages, for the audio amplification. He says that two stages of transformer-coupled amplification will undoubtedly give sufficient volume, if transformers of approximately 4:1 ratio are employed, but in these days, when most fans are veritable sticklers for quality and that old war cry of DX at all costs (including quality) has been dropped, something better is wanted. This is to be found in impedance coupling, Mr. Browning claims. To quote his own words, The "three-stage impedence-coupled amplification has as good quality as resistance, and, if properly built and operated, gives greater volume and does not require an abnormal 'B' battery voltage."

The latter point, that of "B" battery voltage, is the main disadvantage of resistance-coupled amplification, for it is often necessary to increase this potential to a figure in excess of 150 volts before optimum results, as regards volume, are obtained. With impedance coupling we seem to overcome the necessity for this expensive increase. With an impedance amplifier the use of high-Mu tubes is advocated to get the most out of it. Mr. Browning suggests the use of Daven (or the equivalent) high-Mu 20 tubes in the first two stages of the amplifier while a Daven Mu 6 is recommended in the third and last stage.

To Disconnect Aerial and Ground From Coil

Many desire to have a loop instead of an antenna, but do not know how to disconnect the aerial and the ground from the coil, etc. The above diagram simplifies matters. The pri-

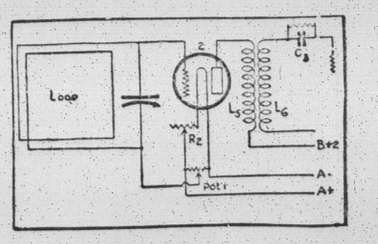


Diagram Showing How to Disconnect From the Coil.

mary and the secondary of the first radio-frequency transformer are entirely eliminated. The variable condenser which originally shunted the secondary of this RFT shunts the loop terminals. In other words, the RFT is taken out, and where the secondary went, the loop is placed.—Radio World.

OUR COMIC SECTION

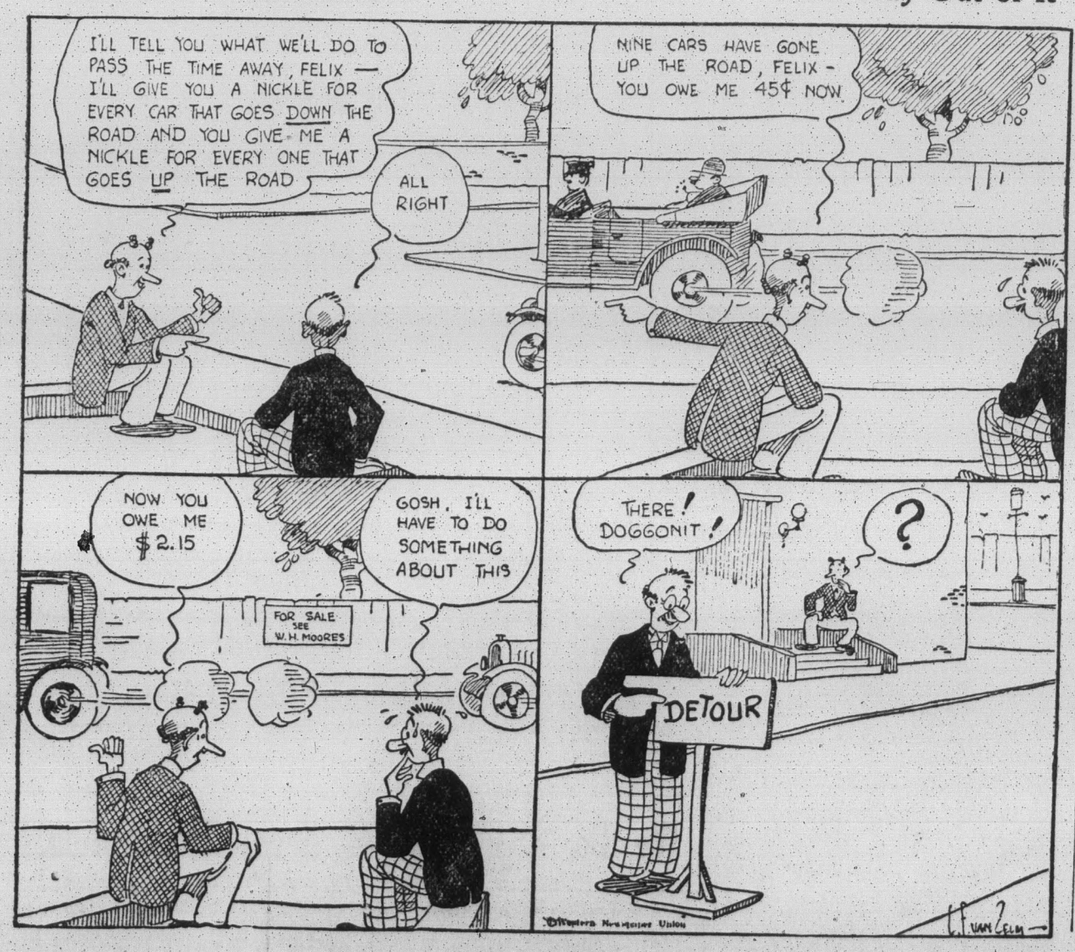
Events in the Lives of Little Men

I BROUGHT BANANAS WHAT DID YOU BRING?
COCOANUT CAKE
DID YOU BRING BANANAS TOO?
SURE, DID YOU?
GET READY TO HOLLER "SURPRISE"
GEE ALL THE KIDS BROUGHT BANANAS
LIS'EN!! GET READY TO YELL
THINK THEY'LL PLAY POST-OFFICE?
SH-H-H-H NOT SO MUCH NOISE
SURPRISE PARTY
(Copyright, W. N. U.)

MICKIE, THE PRINTER'S DEVIL — What's the Hurry?

HOWDY, MICKIE = WHAT'S NEW? YOU ALWAYS KNOW ALL THE NEWS
WELL, JIM WAMPUS HAS A NEW CAR = AXEL GEEVUM GOT WALES ON HIS RADIO = MRS. GOOTCH HAS PUT HER LIL' KID INTO LONG PANTS = GRANDMA ROOP HAS HAD HER HAIR BOBBED = 'SQUIRE DIBBS SPENT A NICKEL FOOLISHLY YESTERDAY = MRS. SAPP HAS HER TONSILS CUT OUT AND CAN'T TALK ABOUT HER TRIP TO EUROPE =
10 MINUTES LATER
WELL, I GUESS I BETTER BE GOING
WHAT'S THE HURRY?
WHY, THE BOSS SENT ME OUT FER THE PLUMBER = HE IS GOT HIS FINGER ON A HOLE IN THE WATER PIPE
© Western Newspaper Union

THE FEATHERHEADS — One Way Out of It


I'LL TELL YOU WHAT WE'LL DO TO PASS THE TIME AWAY, FELIX — I'LL GIVE YOU A NICKLE FOR EVERY CAR THAT GOES DOWN THE ROAD AND YOU GIVE ME A NICKLE FOR EVERY ONE THAT GOES UP THE ROAD
ALL RIGHT
NINE CARS HAVE GONE UP THE ROAD, FELIX - YOU OWE ME 45¢ NOW
NOW YOU OWE ME $2.15
GOSH, I'LL HAVE TO DO SOMETHING ABOUT THIS
FOR SALE SEE W. H. MOORES
THERE! DOGGONIT!
?
DETOUR

Daddy's Evening Fairy Tale

By Mary Graham Bonner

COPYRIGHT BY WESTERN NEWSPAPER UNION

THE MEETING

There was a meeting that night in the Fenwick house and Parent Robert was made the president of the meeting.

"Everything Will Be All Right."

They each had anecdotes to tell of the bright speeches their children had made that day and of the efforts in getting them off to school which now they laughed about, so that it was some time before the meeting was well under way.

They all decided that they would take their father's offices and do the same work as their fathers had done. Parent Harvey Wiswell would be a doctor, just as his father had been until he became young.

Some thought it was a little foolish as his father had a great reputation and he might hurt it by ignorance. But Parent Harvey didn't agree.

"I've heard lots of people say that all anyone needs is confidence in their doctor, and I'll give them that. I've thought it all out.

"I shall be very soothing with my patients and I'll say:

"'All you need, dear madame, is confidence. Then everything will be all right.' Or, 'Just have a little confidence and buck up, my dear fellow.'

"Then I'll give them each a small box in which I'll put some kind of quite harmless mixture and call it 'Confidence' and mark on the box:

"'To be taken when required.'"

"That's a good idea," Parent Gerald Banks agreed. He was interested in medicines, too. His father had always run the drug store and while still there was an unmarried young man in there who could make sodas Parent Gerald wanted to be in charge.

"I've thought of a nerveless tonic I could give to parents or visiting relatives," he told them. "You know how parents will say, 'My nerves are in such a state.' Or, 'Do keep quiet, children, you make me so nervous.' Well, my tonic will be made of a sweet sirup and whenever anyone feels an attack of child-nervousness coming on this will be the thing to take.

"I shall put on the bottle: 'Shake well before using, and take three times a day or oftener if necessary.'"

Parent Billy Mahon's father was a dentist, so Parent Billy of course decided to look after the children's teeth. "I don't know but what I could hurt as little as most dentists, and as little as my father does, for he's the only one who calls himself a painless dentist.

"I could talk low in a nice kind voice and say: 'Am I hurting you very much?' That would show I knew my business. Then I can clean their teeth and look at them with a mirror and poke into the corners and then I can charge them a lot of money and say:

"'Come and see me in six months' time.'

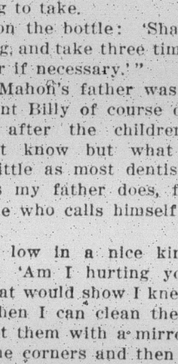
"I bet no one would know the difference."

Parent Sammy Grant would be the town's policeman. On holidays Parent Charles Grant would assist and wear a special badge which could be painted by Parent Roger Cole, whose father was a sign painter. He could also paint the new signs for the shops.

It worked out as easily as could be. Some of the clerks in the shops would remain—the ones who had not been parents and so had not become children. They would be a great help in explaining to the new owners where everything was kept.

Whatever money was needed Parent Robert would give.

"Provided," he said, "you always leave a little money in the bank so we can put a lot of surplus figures on the bank's big calendar next year."



The Town's Policeman.

They made many new additions in the shops but in time it was all completed and by way of a celebration they held a great street fair. The little mothers and daddies were in the parade, dressed so that they looked too sweet for words (so their parents said when they weren't hearing). And they were allowed to sit up later than ever before and visit the shops provided they promised that they would be very careful not to touch anything.

It was a splendid tribute to the young parents of Reven-Saw that they succeeded in, as they expressed it, "putting this over."

Boys That Go to Heaven

Sunday School Teacher—Some little boys are good and some are bad. What kind go to heaven?

Small Arthur—Dead ones.

WOMAN KILLS 140 SNAKES TO SAVE CHILD AND SELF

With Stick as Only Weapon She Battles Swarm of Reptiles.

Fort Lupton, Colo.—Hair-raising accounts of battles with the deadly cobra in the jungles of India and desperate encounters with boas in Brazil, pale into insignificance with the story of a woman's fight with 140 rattlesnakes near here.

This Amazonian St. Patrick, Mrs. H. H. Slauterback, started on a horse for a near-by pond where hunters had killed some ducks. She took with her a three-year-old daughter.

Dismounting to open a gate, she was startled by the sight of a rattlesnake, poised ready to strike.

Undaunted, Mrs. Slauterback picked up a stick and dispatched the reptile. Turning, she discovered that the horse with the child still clinging to the saddle had strayed from the road.

Starting in pursuit, she found herself entirely surrounded by rattlers, coiled and hissing.

Ring of Hissing Reptiles.

Ringed within a circle of fangs, the mother fought with desperation, clubbing and dodging the venomous heads that swirled with lightning-like rapidity toward her.

"It must have been two hours before the last snake in sight was squirming

Fought With Desperation.

around with a crushed head," said Mrs. Slauterback. "It seemed like ages to me.

"They were so thick and attacking me so fast that had I made a break for the horse, I would have been bitten by a dozen, and I knew what that meant."

When Mrs. Slauterback finally captured the horse, on whose back the child had clung uninjured, she rode to her ranch home and told of the incident. Neighbors who went to the scene of the battle counted 140 rattlers, ranging in length from a few inches to four feet.

"It was just one of the exciting things that come with ranch life," said Mrs. Slauterback. "I would have been less frightened, though, if my ankles hadn't been bare. All I wore on my feet was a pair of bed-room slippers."

Gang Waylays "Sheiks" to Strip Them of Long Pants

Kenmore, Ohio.—Several young "sheiks" have been stripped recently of their long balloon trousers, according to complaints made to police by indignant mothers.

A "tough" gang is said to have waylaid them as they returned from school. Divested of their trousers, the youngsters were forced to go home in burlap sacks.

Their assailants were jealous, it is reported, because of the popularity of the well-dressed "sheiks" with the girls.

Child Prevents Wreck as Tree Falls on Rails

Little Falls, W. Va.—Denson Flowers, fourteen years old, discovered a huge tree across the Baltimore & Ohio tracks at Little Falls just in time to flag the afternoon passenger train from Fairmont. The tree had been blown from a high cliff and was directly across the right of way.

The train was halted several hundred feet from the tree and the train crew, aided by passengers, removed it. The section of the track where the tree fell is on a deep curve.

Falls to Death

Roann, Ind.—Henry R. Garritson, sixty, wealthy owner of basket factories here and at Kokomo and Logansport, Ind., was scalded to death when he slipped or stepped into a steaming vat at the local plant. Mr. Garritson was wearing glasses, and it is believed the steam on the lenses temporarily blinded him. He is survived by his wife and one daughter. His daughter is Mrs. Edward Donnelly of Denver, Colo.

Community Building

Nation Building Many and Better Schools

Hundreds of new public schoolhouses are being built throughout the United States, says a survey by the Indiana Limestone Quarrymen's association.

"It is surprising how many states have been caught in the wave of school-house building," says the survey. "This should be a record year. The process of replacing dilapidated structures very likely will continue for at least another twelve months.

"One fact stands out sharply. The one-room country schoolhouse is definitely passing. So are the old three-room sheds of learning. State boards of education report a remarkable reduction in the number of schoolhouses, due to construction of consolidated schools, each of which replaces several one-room shells. New schoolhouses are modern and soundly constructed. In recent months trainloads of stone have been shipped from the Bedford-Bloomington district for such use."

Thomas J. Vernia, president of the association, says educational building has accounted for nearly 25 per cent of the nation's enormous construction total in recent months, while $225,000,000 was spent last year in replacing antiquated school structures.

School Benefited by Visits of Parents

We wonder how many parents who should visit the public school teachers of their children do so? Not many, probably; perhaps because the schools are considered so good today that parents feel such contacts are superfluous. Other parents feel that the teachers are so busy that to visit them is an imposition on their good nature. Still others are too busy themselves to take time during the day to go to the school building and manifest a personal interest in their children's important work. Those who follow the old-fashioned course and visit their children's rooms in school at least once or twice during a semester are richly repaid for the effort. They usually come away with a deeper respect for the individual teacher and for the institution; and more often than not they learn useful facts about the temperament, aptitude and personality of their own child which enables them to act as parents more intelligently. School visiting is beneficial all around. The community needs more of it.—South Bend Tribune.

Home Owners Increase

Fourteen million American families are home owners today, a survey by the Indiana Limestone Quarrymen's association shows.

"America, perhaps rightfully tagged the most extravagant nation in the world, spends in one year the colossal sum of nearly $3,000,000,000 for automobiles. Its tobacco bill runs almost as high, while candy, cakes and ice cream and the like consume another $2,000,000,000. Yet with all this seeming disregard for the future the great enterprise of homemaking is by no means overlooked.

Residential building being approximately 60 per cent of the year's estimated $6,000,000,000 construction program, homemaking is easily the biggest business of the country.

Duty of Owning Home

Every man is morally obligated to provide shelter for his own. The world cannot furnish it free—man is not doing his duty as a husband, parent or citizen, unless he furnishes the most comfortable shelter his income will rightly permit.

Man is in debt whether he owns or rents by a monthly promise to pay. If by some plan the rent money can be applied to conserve all the advantages of renting and protect one from all the disadvantages of same and in the end insure the ownership of the property such a proposition should be favorably considered for its two-fold advantages.

Spruce Up, Clean Up

If every resident of the city would take the proper care of his premises, there wouldn't be any eyesores left—and nothing left to criticize, the Rushville (Ind.) Republican remarks. It doesn't require very much time and expense to set out some shrubbery and plant flowers and bushes and keep the lawns well trimmed. We can't live forever, but we can enjoy life more while we are here if we make our surroundings as pleasant as possible. Don't shrug your shoulders and complain that it's "too much of a task," for it isn't. Nothing is too big a task for the man who makes up his mind to do it.

Couldn't Convince Jury

They met for the first time for some months.

"Where have you been, John?" said James. "Haven't been laid up, have you?"

"Yes; I've been laid up for a bit."

"You're not looking fit; hope it's nothing serious?"

"Oh, nothing much—but this is the first time I've been out for three months."

"Really? What was wrong?"

"Nothing, really, only the jury wouldn't believe it!"

Buy Beach Property Now!

The GOLDEN RULE in PRACTICE

A series of articles by prominent leaders on the Golden Rule as a guide in International Relations.

PLAIN LIVING AND HIGH THINKING

By CHARLES V. VICKREY
General Secretary of the Near East Relief

THE GOLDEN RULE is a universal creed. Everybody accepts it. Most people try to practice it.

Golden Rule Sunday is examination day—a day of plain living and high thinking; of self-measurement by the Golden Rule to see how big we really are.

Golden Rule Sunday comes midway between the feasts of Thanksgiving and Christmas.

On Thanksgiving Day we satisfy ourselves with good things. We survey our broad acres, bulging granaries, and busy factories. We reappraise our unprecedented and soaring wealth of more than three hundred billion dollars, far transcending anything previously or elsewhere known in all the world. Not least are we thankful for government under which life and property are safe. Truly no people ever had as great reason for gratitude as have we in America on Thanksgiving Day, 1925.

At Christmas we again indulge in feasting and mirth, and share some of our luxuries with relatives and friends, some of whom are sore perplexed to know where to store the gifts that we pour into their well provided homes.

But on Golden Rule Sunday we express our gratitude and practice "pure religion undefiled before God" in a more vital way by considering "the fatherless and widows in their affliction" who, as worthy as we, by the vicissitudes of war, are bereft of everything. They have no lands, no granaries, no bank accounts, no savings, no employment, no homes, no food, except as the Golden Rule proves a vital reality in their lives.

It is proposed that on Golden Rule Sunday, all persons who are disposed to make a practical application of the Golden Rule, provide for their Sunday dinner approximately the same menu that is provided, when funds permit, by Near East Relief for the tens of thousands of orphaned children in its care, most of whom are under twelve years of age.

Having partaken of the orphanage meal and entered into fellowship with the children overseas, we are asked to make such provision for them for the 365 days of the year as we should like to have made for ourselves, or for our children, if conditions were reversed.

Golden Rule Sunday will be observed throughout the United States in December, on behalf of the Near East Relief. This series of articles, by prominent public men who are supporters and spokesmen for this great philanthropy, is designed to call public attention to the background and purpose of the work and its need for general support.

For BEACH PROPERTY See

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Golden Rule Sunday Plans Win Approval of President Coolidge

THE WHITE HOUSE
WASHINGTON

June 22, 1925.

Gentlemen:

The reports of the observance of International Golden Rule Sunday last year in fifty countries, and its far-reaching results in the training of orphans in the Near East have been of great interest to me. This expression of brotherhood inevitably has a beneficial influence upon those who give as well as those who receive.

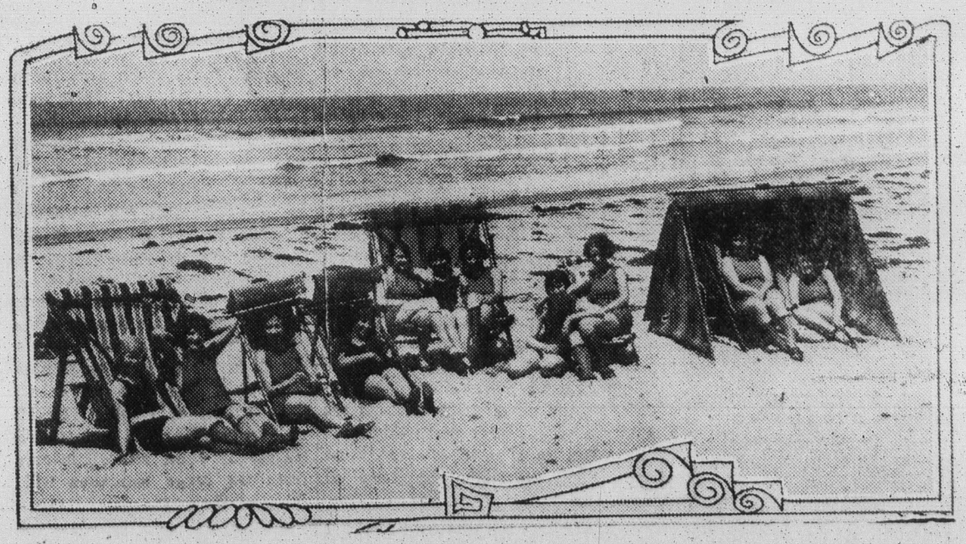
As practical help is the best expression of friendship, I feel that the aid which we may give out of our prosperity to those impoverished by war may be of the utmost value in the promotion of international good will. The consistent observance of Golden Rule Sunday cannot but help to bring about the application of the Golden Rule itself to the misunderstandings of nations and of individuals.

I earnestly hope that the voluntary observance of this day may become increasingly prevalent in the homes of America and throughout the world.

Very truly yours,

Near East Relief,
151 Fifth Avenue,
New York City.

Mid-Winter Scene on the Sands at Mission Beach



CHURCHES

* * *

CHRISTIAN SCIENCE SOCIETY
1965 Abbott Street, Ocean Beach

Services are held as follows:
Sunday morning at 11 o'clock.
Sunday School, 9:45 a. m.
Wednesday evening at 8 o'clock.

FIRST BAPTIST CHURCH OF OCEAN BEACH
DeFoe Street at Santa Monica Ave
Rev. W. S. Dunn, Pastor

Bible School at 9:45 a. m.
Morning worship at 11 o'clock.
Pastor' sermon topic: "The Exultant Life." Anthem by the choir.
Young people's meeting 6:45 p. m.
Song service at 7:45 p. m. Brief address by the pastor on "God's Estimate of Man's Worth." Music by the choir.
A cordial invitation is extended to all to attend these services.

SACRED HEART CATHOLIC CHURCH
Cor. DeFoe St. and Saratoga Ave.
Rev. P. C. Santy, Pastor

Ocean Beach—Sundays, Mass at 8:30 a. m. Sunday school at 9:30. Rosary and Benediction of the Blessed Sacrament at 7:30 p. m. Week-day Mass at 8:00 a. m.

Roseville—Sundays, Mass at 10. Sunday school at 10:30. Mass at 8 every first Saturday of the month.

UNION CONGREGATIONAL CHURCH
(Corner Defoe Street and Santa Monica Avenue)

Sunday School at 9:45 a. m.
Sunday morning, Jan. 17, at 11 o'clock, Rev. William I. Newman will preach. Subject, "Can Any Good Thing Come Out of Nazareth?"

TRINITY MISSION EPISCOPAL
Sutcliffe Bldg., 1955 Abbott Street
Rev. George Wallace, D.D., Pastor.

Sunday school at 9:45 a. m.
Morning service at 11 o'clock.

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WHEN YOU BUY
BEACH PROPERTY

THE BEACH NEWS

AN INDEPENDENT PAPER
Promoting the Progress of the Beach Sections of San Diego and the Entire Point Loma Peninsula.
PUBLISHED EVERY SATURDAY
4829 Saratoga Avenue
Ocean Beach, California
Phone Point Loma 17

KIRK SMITH ..... Editor-Owner
KATHERINE SMITH ... Sec'y.-Treas.

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PAYABLE IN ADVANCE

"Entered as second-class matter December 1, 1922, at the Postoffice at Ocean Beach, California, under the Act of March 3, 1879."

A LEGAL NEWSPAPER
EIGHT PAGES

Saturday, Jan. 16, 1926

News contributors and advertising patrons will please take notice that the forms of The Beach News close at noon every Thursday and will greatly oblige by submitting their favors accordingly. Write on one side of the paper only.

* * *

In order to insure prompt and proper publication of news notices of all societies, lodges, associations and other like gatherings, the chairman, secretary or head of such bodies are respectfully requested to send their news items direct to THE BEACH NEWS office on or before Thursday noon of each week.

PROMINENT PUBLISHER

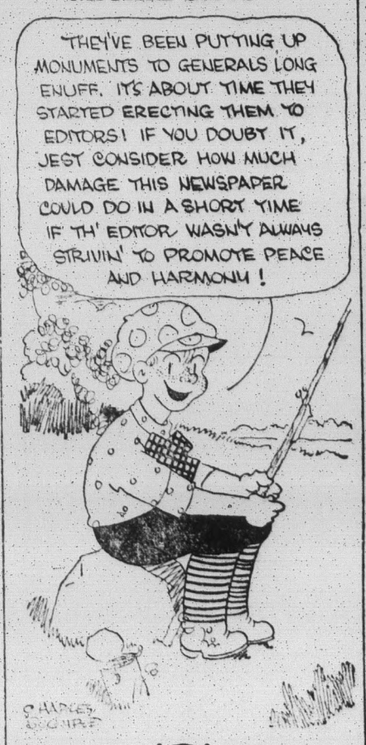
SAYS ADVERTISING RATES

ARE TOO LOW

Asserting that existing advertising rates are too low, Adolph S. Ochs, publisher of the New York Times, told advertising men at a recent luncheon of the New York Advertising club, that every issue of the Times cost the owners $50,000, or approximately 14 cents a copy.

He said that the present advertising rates tend to cheapen newspapers, and expressed the belief that higher rates would improve their advertising. He suggested that advertisers should spend 90 per cent of their appropriations in keeping existing customers, while 10 per cent should be used in getting new customers.

MICKIE SAYS—


THEY'VE BEEN PUTTING UP MONUMENTS TO GENERALS LONG ENUFF. IT'S ABOUT TIME THEY STARTED ERECTING THEM TO EDITORS! IF YOU DOUBT IT, JEST CONSIDER HOW MUCH DAMAGE THIS NEWSPAPER COULD DO IN A SHORT TIME IF TH' EDITOR WASN'T ALWAYS STRIVIN' TO PROMOTE PEACE AND HARMONY!

SUBSCRIBE NOW!

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Phone to us
Write to us
Call to see us.

THE BEACH NEWS
is your friend.

Let's get neighborly!

* * * * * * * * *

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ROOMS AND APARTMENTS
By Day, Week or Month—Special Rates to Permanents
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Owner and Manager. OCEAN BEACH, Calif.
Phone Point Loma 39

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Authorized FORD and CHEVROLET Service.
OCEAN BEACH GARAGE
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Official Number 1308
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AUTOMOBILE REPAIRING
BEST EQUIPPED FOR SERVICE Two Blocks East of Dance Pavilion

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It's all in "The Beach News."
Only One Dollar for One Year

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Army and Navy Academy
Prep for College, West Point and Annapolis—Enjoys University of California's Highest Scholastic Rating
THOROUGH MILITARY INSTRUCTION
CHRISTIAN INFLUENCES
LAND AND AQUATIC SPORTS ENTIRE YEAR
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D. R. SAUM, Pres. E. C. BANGS, Secy.
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The expense is a matter of your own desire.
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For Ladies and Children
N. W. Cor. 4th and Ash Sts.

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From a Visiting Card to a Poster.
We Can Satisfy You With Quality, Quantity and Service
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Ocean Beach, California

DON'T FORGET
"BEACH CLEANLINESS"
STANDS FOR "HEALTH"
"NEW HOME-SEEKERS"
"MORE PROSPERITY"

Katherine's "Kollum"

By MRS. KIRK SMITH
Phone Point Loma 17

STUDENT-TEACHERS AT THEOSOPHICAL UNIVERSITY JOINED IN WEDLOCK

Miss Catherine Wright and Frederic McAlpin were united in marriage last Wednesday at a private ceremony performed by the Hon. C. N. Andrews, judge of the San Diego superior court. Both bride and bridegroom are student-teachers at the Theosophical university, Point Loma.

Mr. McAlpin is one of Katherine Tingley's most trusted helpers among the younger members of her headquarters staff. Mrs. McAlpin has recently been appointed a member of the teaching staff of the Isis Conservatory of Music, in which she has been a student for a number of years.

Mr. McAlpin's mother is an active member of the Universal Brotherhood and Theosophical society and has resided at Point Loma for many years. The bride is the daughter of Dr. and Mrs. Herbert E. Wright of Boston. Mr. and Mrs. McAlpin will continue to reside at Point Loma.

◆ ◆ ◆

THE BEAUTY SHOP
Phone Point Loma 193.

◆ ◆ ◆

OLD-TIME DANCING FEATURED ANNUAL BALL AT FREDERICKA HOME

A large number of friends of the directors and members of the Fredericka Home at Chula Vista enjoyed the annual ball held there last Saturday night. The elderly people residing at the Home had been practicing old-time dances for the occasion, and the fine dance program included the Paul Jones waltz, lancers and quadrilles, besides the modern waltzes, fox-trot and two-step. A special number was the presentation of the "Charleston" by Miss Edna Dowd and her dancing partner, William Ludwig, while Miss Ruth Silva also executed a ballet solo. The festivities were continued until near midnight by the old folks and their friendly guests.

◆ ◆ ◆

PRIZES WON BY CAMP FIRE GIRLS

The subscription canvass contest conducted for "The Beach News" by the Camp Fire Girls of Ocean Beach closed last Saturday afternoon with a very spirited finish, and resulted in a handsome sum being secured for their treasury. First prize of a $5 gold piece was won by Lorene Taber, who had as a close contestant Perry Louise Ransone, winner of the second prize, while Ruby Olson also made a splendid showing and secured the third prize. Congratulations, girls!

◆ ◆ ◆

HARMONY CLASS SOCIAL

The Harmony class held its regular meeting Friday evening, Jan. 14, at the home of Mrs. E. F. Reich, on Newport avenue. Each member was called upon for a musical selection, after which a period was given to the study of scale and chord building, and of the life of Beethoven. A social hour followed, during which light refreshments were served.

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A. D. Piersall, a well known beach realty broker and the owner and manager of the Loma hotel and apartments, has been confined to his home at 2221 Abbott street this week with a severe cold.

◆ ◆ ◆

R. W. O'Leary, who was ill in the hospital for seven weeks, has returned to his home at 4976 Long Branch avenue.

◆ ◆ ◆

Mrs. J. A. Calder, of 4872 Coronado avenue, who has been visiting her son in Phoenix, Arizona, returned to her home last week.

◆ ◆ ◆

Mrs. Helen Hughes, sister of Mrs. J. P. Froide, of Bacon street, was slightly injured last Monday when she was struck by a truck at Twelfth and E streets, San Diego.

◆ ◆ ◆

Please mention The Beach News in your dealings with the patrons of our advertising columns.

AQUATIC CLUB IS FORMED BY STUDENTS OF POINT LOMA "HI"

A senior swimming club has been organized at the Point Loma high school, and meets every Wednesday afternoon at the Mission Beach bathhouse for swimming and instruction. Horace Stevens is president and captain of the Point Loma seniors; Adeline Whaling is secretary, and Frances Lowe is treasurer. The club starts off with a membership of more than thirty, including the following: Faye Baird, Lovie Humason, Dorothy Simpson, Ellen Lowe, Dorothy Justins, Adeline Whaling, Eleanor Allison, Frances Lowe, Ruth Dunning, Louise Doetchman, Jean Lowe, Harriette Christenson, Ethel Lacko, Dorothy Parker, Llilian Cook, Verna Schneider, Gladys Lear, Dorothy Tibbetts, John Zeluff, George Jones, Bob Buttermer, Paul Markel, Clifford Harrison, Ben Burnham, Cornelius Driscoll, Roy Justice, Theron Cline, Arnold Losey, Harold Polandá Horace Dunning and Horave Stevens.

◆ ◆ ◆

Greeting Cards—Froide—Bacon St

◆ ◆ ◆

BEACHITE HONORED

John J. Fitzpatrick, of 4862 Santa Monica avenue, was elected last week as president of the San Diego County Apartment House Owners' and Managers' association.

◆ ◆ ◆

Classified Ads Get Quick Results.
WE CIRCULATE

Mission Beach School Notes

Written for "The Beach News" By Pupils Under Direction of Miss Sarellen Morgan

Mr. Carol de Wilton Scott visited the school Tuesday. He spoke to the children in both rooms, answering questions about the birds they had seen along the beach and giving many of his own interesting experiences.

The school band took in $3.88 on Friday. This brings the total amount received to $35.57. There are now thirty-two accounts in the school bank.

Subscribe to "The Beach News."

A large, dead swordfish, which washed up on the beach this week, has been attracting the attention of many of the children. He was evidently killed in a fight with another fish, for there was a large hole in his side.

The school children have been enjoying several stereoscopes which Miss Morgan brought for us. We have sets of pictures to look at through them. Some are on wool; some are on Spanish life and customs.

The following program was given Friday during the Civic league meeting: Poem, "The Flag Is Passing By," by Tony Martinez; report, "Conservation," by Lois Stephens; story, "The Boy With the Squashes," by Jack Horner; reading, "The Toy Shop," by Betty Maize.

The school children urge everyone to be careful to avoid illness, if possible, by taking care of sore throats and colds. There are many people ill who could have prevented their illness by a little care.

Subscribe for "The Beach News."

ABOUT PRINTING PRICES

All job printing by "The Beach News" carries the Union Label and all estimates are made in accordance with the Franklin Price List, our prices for standard printing being precisely the same as any Union office in the city. Quality and service unexcelled. Give us a trial. Phone Point Loma 17.

SPEND YOUR DIMES AND DOLLARS AT HOME

CLASSIFIED ADS

ONLY A DIME A LINE
TERMS CASH
Rates, 10 cents per line, averaging 5 words to a line. No advertisement for less than 30 cents, all payable in Advance

FOR SALE—Roller canaries, half price. 711 Verona Court, Mission Beach.

FOR SALE BY OWNER—New house, partly furnished, at Loma Alta; terms if desired. C. S. Dudgeon. Phone 319-10.

FOR SALE—Baby's bed and mattress; also single oven; very reasonable. Froide's, Bacon St.

FIREWOOD FOR SALE—3 sacks heavy wood, $1; 4 sacks kindling, $1; ½ truck load mixed wood, $3.50; 1 truck load mixed wood, $6; eucalyptus wood, per rick, 75c; 16-in. fireplace wood, per rick, $3; 16-in. eucalyptus and cypress, heavy, per rick, $5.50. Phone Pt. Loma 377-WK, or call at 4937 Del Monte Ave., O. B.

FOR SALE—R. I. R. setting eggs, $1 per setting. 2350 Soto St. Phone Pt. Loma 156-R.

FOR SALE—Two cottages (one new, less than 2 years old; cost owner over $1800); lots 1 and 2, block 60; frontage 65 ft. on street, now being paved; running 50 ft. on alley; all modern improvements in both cottages; income property. Price $9000. Terms can be arranged. Phone Pt. Loma 0151.

Emergency Pantry Meets Home Need

By META H. GIVEN
(Home Economist.)

Efficiency and economy go hand and hand in the home as well as in the business world.

The emergency pantry, latest innovation in the cuisine of the modern housewife is particularly indicative of the truth of this statement.

Meta H. Given.

This new sort of pantry—it may just be a shelf in the regular larder—does away with that bugaboo of the home maker, the surprise guest. Every woman has had the experience of welcoming an unexpected visitor when supplies were at low ebb and has searched high and low to find something presentable to put on the table. The emergency shelf in the pantry does away with such worries in short order.

A can opener and—presto—a veritable banquet can be prepared in a few minutes. The housewife may have her choice of many excellent meats, corn, tomatoes, mushrooms. If she is short of milk or cream, a can of evaporated milk, which is simply fresh cow's milk sterilized in the can and with sixty per cent of the water removed will do the trick. In fact she may have two hundred or more savory dishes ready to her hand.

When the surprise guest does arrive the hostess naturally wishes to be hospitable. She doesn't want to be tied to the kitchen range half the afternoon. She wants to entertain as she has been entertained.

It isn't possible if she has to phone frantically for the butcher, the grocer and the baker.

But that's only one of the places where the emergency pantry comes in. Backed by a well-stocked emergency shelf, the wife can get together a splendid luncheon or dinner in a jiffy. The spontaneous wish that comes at the last moment to informally invite a few friends for lunch can be gratified at once with the aid of the new pantry.

Afternoon tea for the bridge club is an equally easy matter. A glass of preserves or jelly, a platter of bread and butter, tea, and a dish of cookies will meet the ordinary demands of the casual caller and a can of evaporated milk will answer the milk or cream need.

FINE BEACH HOME
Bargain for Cash or Good Terms.
◆ ◆ ◆
New modern 4-room house, bath, laundry tubs; garage, gas, water and electricity; level lot, 50 ft. frontage, near seashore, convenient to car line; $750 will handle. Don miss this!
KIRK SMITH
Licensed REALTY Broker
Office of "The Beach News"
Phone, Point Loma 17
Beach Property to Suit You
Special and Exclusive Listings

SUBSCRIPTION RENEWALS
For "The Beach News"
ARE NOW DUE
$1.00 in San Diego County
Elsewhere $1.50 Yearly

It's Not Far to a FABER Store

FABER'S Ocean Beach Grocery
5008 Newport avenue Phone Pt. Loma 48

Faber's Little Cash Grocery
5021 Newport Ave. Pt. Loma 129

Faber's Cash & Carry No. 3
2119 Bacon St. Phone Pt Loma 248

Faber's Cash and Carry No. 4, Mission Beach
WHY TRADE ELSEWHERE
WE CARRY THE BEST AND SELL THE CHEAPEST
TRADE AT HOME AND SAVE MONEY

It's Not Far to a FABER Store

Every Room A Healthful Temperature With a Gas Furnace

Over-heated rooms are undoubtedly responsible for more colds than we realize.

One of the great advantages of a Gas Furnace is the Thermostat Control which enables you to keep the temperature at 70 without tending the fire.

Call us for further information
San Diego Consolidated Gas & Electric Co.
857 SIXTH STREET
MAIN 64
Byllesby Engineering and Management Corporation

Phone Point Loma 0144
Constance Beauty Salon
5041 NEWPORT AVENUE OCEAN BEACH
Newest and Most Modern Equipment
THE "SUN-AERO HAIR DRYER"—PERFECT AND PERMANENT HAIR WAVING
Expert and Skillful Operators—Absolutely Sanitary Conditions—Popular Prices—Courteous Service
EVENINGS BY APPOINTMENT.

Under New Management
OCEAN BEACH HARDWARE
RABSAHL & HAIT, Proprietors
R. HOWE, Manager
Paints, Builders' Hardware, Sporting Goods, Household Utensils
And General Hardware
5004 Newport Avenue, Ocean Beach
Phone, Point Loma 49
Prices Right with Prompt and Courteous Service Guaranteed

Point Loma Laundry
Phone, Point Loma 378
LAUNDRY CALLED FOR AND DELIVERED
If It's Laundry Work, We Do It!
WET WASH, ROUGH DRY,
SEMI-FINISH AND FINISH WORK

Classified Ads Get Quick Results

SOMETHING TO THINK ABOUT

By F. A. WALKER

WASTE NOT AN HOUR

A THOUSAND things displeasing will haunt you later in life if in your feverish chase of fooling amusements, which steal from you character, money and time, you fail to exercise caution and common sense.

To become habitually addicted to empty, catch-penny diversions from which you cannot get some inspiring thought to make of you a better man or woman, or improve your fitness in the field of endeavor you have already accepted as your own, is a perilous departure from the right course.

After the habit of wasting time is once acquired, it is difficult to turn from it and bid it good-by.

You have wilfully accepted as a companion a subtle thief who, at every opportunity, will rob you of your pocketbook, conscience and peaceful nights of sleep.

Although the "old folks," as you disparagingly style your father and mother, may tearfully call your attention to what is likely to result from such folly, you continue to chase the bursting bubbles until their voices are hushed and you face the world alone.

Advice which they gave you sometimes returns on the silent wings of night and keeps you awake.

It bears a new meaning now, and if you have within you the proper spirit, you will this time accept it.

You are here on the mundane sphere for some wise purpose in which no other mortal can have greater concern than yourself.

What you do today will, in spite of all sophistical argument, have a bearing on your life tomorrow.

Your speech, thought, deportment, idleness or industry are molding you each year into a new being—a soul more beautiful and useful or more ugly and worthless.

The beautiful soul is nowhere on earth better developed than by seemly conduct and consideration of others.

A mere word or an act may prove the turning point in your career, and when once launched on its way, it cannot delay the inevitable tide which is carrying you with certainty to a rich life of honor and usefulness, or to a ragged existence without a single ray of faith or happiness—the latter, as the experienced will tell you, being the result of squandering time.

(© by McClure Newspaper Syndicate.)

WHO SAID

"He travels safest on a dark night who travels lightest."

THE resolute character of Hernando Cortez, the author of the words quoted above, was never better demonstrated than during his conquest of Mexico. That expedition was, in reality, an offshoot of the expedition of Velasquez to the new world.

Cortez had accompanied Velasquez on his expedition to the island of Cuba. Following the conquest of the island he had sought permission to explore the mainland of Mexico, and it was granted. When he landed he persuaded his men to burn their ships in order that they might not be tempted to return, before victory had been achieved.

In his march toward the kingdom of Montezuma, the most powerful in Mexico, Cortez was able to defeat the smaller Indian tribes opposing his advance. The success which he achieved alarmed Montezuma, who forthwith set about making peace with the Spaniards. With his court he received Cortez with the greatest courtesy and made him lavish presents. For days the Spaniards tarried in the country of the Aztecs and gave themselves over to enjoyment.

The wealth which was displayed before the envious eyes of Cortez and his men, however, was too much for them to withstand. The Aztecs were treacherously attacked and their city destroyed and their wealth was confiscated to enrich the coffers of Spain.

In 1528 Cortez returned to Spain to face those who had accused him of treason during his absence. He was coldly received. Once more he returned to America as a powerful noble, but without any position to command. In 1540 he again journeyed to Spain but the sovereign received him with the utmost neglect. Seven years later the great explorer died.—Wayne D. McMurray.

(© by George Matthew Adams.)

YOUR Last Name

IS IT VERNON?

VERNON is best known to Americans because of its association with the home of Washington on the banks of the Potomac—Mount Vernon. Few persons realize that this home of Washington was named in honor of William Vernon, a staunch patriot with whom Washington corresponded. His home was in old Newport, where he was the host of many distinguished men during the Revolutionary period.

Vernon is an old English surname usually said to have had its origin in Normandy. In fact the Vernons of England claim descent from one who went to England with William the Norman Conqueror. Seemingly there are several places in Normandy or other parts of France that might have given rise to this surname Vernon.

HOWITT—This, like Hewett and Howlett, is from Hugh, made popular as a first name in England and France by two or three saints of the name.

PICKFORD—This is a compound of Pick and ford. Pick here may be an old first name so that the name would have the significance of Pick's ford. Or it may be that it is derived from pick, a form of peak or pike, meaning hill. Then the name would have the significance of hill ford, and the first to bear it would have been so called because of their dwelling near a place of this description.

(© by McClure Newspaper Syndicate.)

Early Roman Laws

The Decemviri or Ten Men were those chosen by the Roman people in 751 B. C. with power to govern for a year and at the same time to draw up a code of laws which were written on ten metallic tables, to which a year later were added two tables, so that the code became known as the Laws of the Twelve Tables.

THE FUTURE

By DOUGLAS MALLOCH

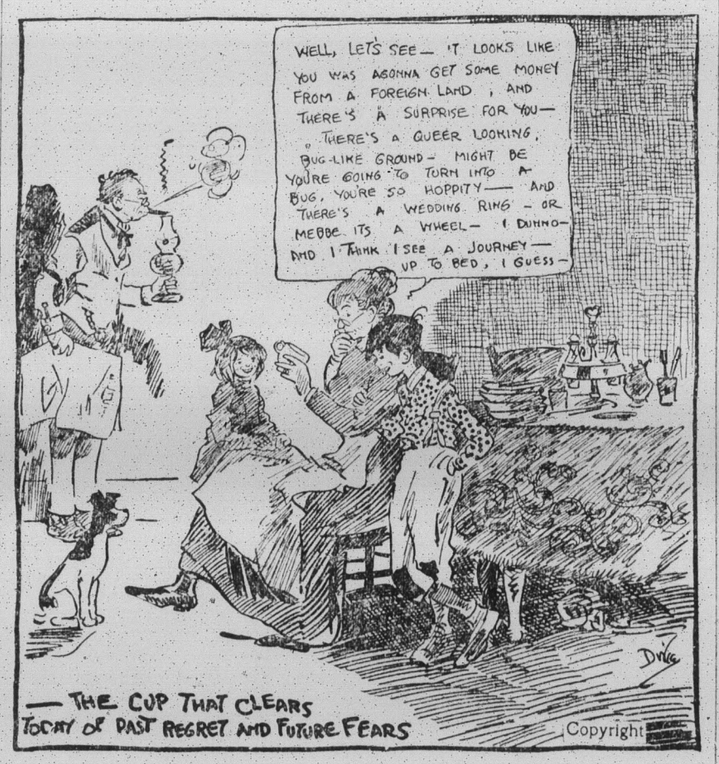
IF THAT strange lady that we call
The Future, came to you and me
Revealing to our vision all
The long, long years that are to be—
Yes, robbed of all her mystery
If she would let us read the days
That are to dawn, reveal the ways
We yet must go, think not that man
Would then be any happier than
He is, who now the road must tread
Not knowing what may lie ahead.

How poor the future joys would seem!
No, joys must come as now they do:
The joys worth having we must dream,
There must be much of waiting, too.
If all were all revealed to you
Then men would miss the greatest joy:
Their busy fingers to employ
To fashion something. Better wait
For joy, although it come too late,
Than have our joy, and have it done,
And not a hope ahead of one.

How great the load of grief would be
If all the grief we are to bear
Were hidden not in mystery.
The present has enough of care—
Oh, may the future always wear
A garment like a clouded moon.
Seek not to know too much too soon,
For who would care to face the years
Who knew the sum of all their tears?—
If that strange lady that we call
The Future should reveal them all.

(© by McClure Newspaper Syndicate.)

SCHOOL DAYS


WELL, LET'S SEE— IT LOOKS LIKE YOU WAS AGONNA GET SOME MONEY FROM A FOREIGN LAND, AND THERE'S A SURPRISE FOR YOU— THERE'S A QUEER LOOKING, BUG-LIKE GROUND— MIGHT BE YOU'RE GOING TO TORN INTO A BUG, YOU'RE SO HOPPITY— AND THERE'S A WEDDING RING— OR MEBBE ITS A WHEEL— I DUNNO— AND I THINK I SEE A JOURNEY— UP TO BED, I GUESS—
Dirks
— THE CUP THAT CLEARS TODAY OF PAST REGRET AND FUTURE FEARS
Copyright

Mother's Cook Book

Do you know what it means to be losing the fight,
When a lift just in time might make everything right?
Do you know what it means, just a clasp of the hand,
When a woman has stood just all she can stand?
Were you a sister of hers when the time came of need?
Did you offer to help her? Or didn't you heed?

TASTY SANDWICHES

FOR a hot supper dish the following will be sustaining and satisfying:

Hot Giblet Sandwiches.

Pour off the liquid in the pan in which a turkey or chicken has been roasted. From the liquid skim off one-fourth of a cupful of fat, return the fat to the pan and in it brown five and one-half tablespoonfuls of flour, and cook well until blended, then add two cupfuls of stock from the cooked giblets. Cook until smooth, season with salt and pepper and add the chopped cooked giblets. Spread eight slices of bread that have been lightly toasted, pour over some of the giblet sauce on four slices, cover with the other four and add the rest of the giblet sauce, dividing it equally over the four sandwiches. Serve hot with a pepper relish.

Sardine-and-Olive Sandwiches.

Drain the sardines from a large box. Remove skins, bones, fins, tails and mince fine. Mix thoroughly with two tablespoonfuls of finely minced mustard pickles, add sardines and mix well; moisten with salad dressing. Use as a filling between thin slices of white bread that have been spread with pimento or horseradish butter. Place crisp leaves of lettuce between the slices, cut into strips or triangles and serve.

Egg, Smoked Salmon Sandwiches.

Cut white bread into strips four inches long and one and one-half inches wide. Toast lightly on one side, spread the untoasted side with unsalted butter to which the mashed yolks of two hard-cooked eggs, salt and cayenne have been added, then add one-half tablespoonful of finely minced parsley.

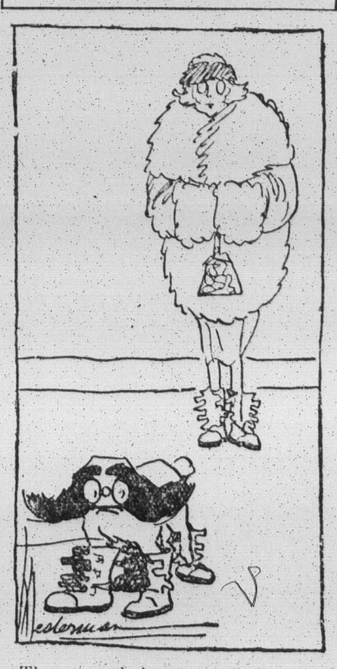
Spread an equal number of slices of bread of the same size with anchovy paste. Cover with finely minced smoked salmon moistened with mayonnaise. Put together in pairs, press lightly and garnish each sandwich with a slice of gherkin. Serve with potato salad.

Nellie Maxwell

(©, 1926, Western Newspaper Union.)

In the United States more than 2,000 women in 1,977 cities are employed as executives in banks and trust companies.

THE YOUNG LADY ACROSS THE WAY



The young lady across the way says time certainly flies and hardly is the football season over before the baseball teams leave for the South to take up their spring activities on the grid iron.

(© by McClure Newspaper Syndicate.)

THE PASSING OF JOE MARY

By W. HANSON DURHAM

(© by Short Story Pub. Co.)

IT WAS hot—so scorchingly hot that the very skyline itself seemed to writhe and waver unsteadily in a maze of undulating heat beyond the wide waste of chaparral and scattered sage bush which stretched monotonously away to the westward and the foothills beyond.

The man, sprawling listlessly out full length in the scant shade of a scraggly cactus, gasped again and stirred uneasily, then raised himself painfully to his elbow and gazed with fixed and glassy eyes toward the eastern horizon, which seemed only to mock him with its awful sense of utter desolation and loneliness. With a sigh, he reached gropingly about, like a blind man, until his trembling fingers finally found and clutched desperately at the blistering metal of a battered tin canteen which he lifted hopefully for the last, lingering drop, but only the same empty, hollow gurgle greeted his longing lips, and, with a half-muttered curse, he flung it weakly from him and sunk, face downward, with wide outstretched arms again, his fingers working and clutching convulsively in the arid alkali dust of the desert.

Overhead, like a blotch against the brazen copper dome of sky, a solitary bird of great size swept lower in slow descending circles, and from out a cleft in the barren ledges a gaunt-limbed coyote crept and skulked and stood for a moment in doubtful uncertainty, then bared his gleaming teeth in a diabolical grin of anticipation.

"Water! Water!" gasped the man incoherently. "For the love of God—a single drop—in this accursed hell!" and, at his murmurings, the bird and the beast drew closer. The bird hovered lower and croaked dismally—the beast simply sat back upon his haunches and waited and licked his white fangs with a dry, pink tongue. The party was not complete—the feast could not begin until Death, the third guest, had come. The man groaned moaningly, and turned his head wearily, and slowly opened his eyes and looked about and saw them there.

"O God!" he pleaded, chokingly. "Wait—until I'm dead!" and he glared at them with fixed fascination until his fevered eyes seemed to glow and burn like globes of molten metal in their sunken sockets, and then all reason left him, and with a laughing oath upon his senseless lips, he fell back indifferent, upon the sand, and the great bird circled closer and the hungry beast crept nearer and sniffed, then lapped at the quiet, upturned face, unafraid.

Joe Mary, the hunted half-breed renegade, saw from his shelter behind a clump of withered buffalo grass growing close beside the trail at the base of the foothills, the circling buzzard and read its meaning, and shading his eyes with a bronze palm, he could see the shape of the prostrate trooper who had relentlessly followed him thus far and closely along the trackless trail.

The day before, Joe Mary simply grunted gutturally when he had, from long range, shot the soldier's pony from his ambush behind a sand hill beside the trail, but when his second shot pierced the trooper's almost empty canteen, he smiled grimly to himself with a greater satisfaction, for he knew the end was now nearer, and accordingly flattened himself out upon the neutral tinted, sun-baked earth, to watch and wait.

He saw the persistent ploddings of his pursuer, and eyed with precious pleasure his first faltering steps, which grew, as the day lengthened and the heat strengthened, into erratic wanderings. He smiled again in triumph as he saw the trooper reel and fall—then crawl, helpless, gasping and choking, into the shade of the cacti, back beside the trail.

The heart of Joe Mary was now jubilant, and rising cautiously to his feet, he stood for a moment and closely scanned the flat eastern horizon. Grasping his stolen pony firmly by the nose, he strode boldly forth back along the barren trail, led on by the long accumulated hatred of his ancestors to behold and gloat gloriously at the last lingering touch of the exquisite torture of thirst.

The trooper gasped once and gulped greedily at the first touch of tepid moisture which fell tricklingly upon his grateful lips from the canteen of Joe Mary, and with an effort he opened his eyes and struggled slowly to his elbow. All animosity was vanquished by the conquering, leveling thirst, and he reached blindly out to seize the tin which held more of the precious fluid, but, with a sickening sneer, the half-breed stepped quickly back and shook it, splashing and tantalizing in its fullness, before his longing eyes, and then turned it deliberately out upon the absorbing sand.

For a moment the trooper simply sat and gasped and gazed in speechless desire at the sparkling water as it flowed and gushed, a cool, gurgling stream, from the mouth of the upturned canteen. With a dry, choking sob from a thick, swollen tongue, he lurched suddenly forward and plunged his face and hands into the momentary mud of moisture, and sucked and lapped at it ravenously, like a beast. Then, as the last drop vanished, he looked longingly up for more.

The half-breed grunted with gratification as he saw the pleading agony in the man's eyes—an agony stimulated and aroused anew with aggravation, and he stepped closer and spat spitefully into the upturned, expectant face, then smiled mockingly as he slowly unslung a second canteen and, raising it to his own evil lips, drank long and deep.

The trooper's hands worked convulsively as he watched the wanton waste of water, and the light of returning reason grew quick and suddenly strong in his eyes. He felt the power of renewing strength increasing within him, and in desperate frenzy he struggled tottering to his feet, and with limbs almost refusing to sustain him, he flung himself swayingly upon the half-breed and tried to tear the tempting tin from his lips. But Joe Mary simply dropped the canteen and seized him stranglingly by the throat and hurled him reeling weakly back, and drawing his revolver, covered the thirst-tempted, trembling trooper.

"Ah! You choke—fight for water—eh?" he said, smiling slowly, and he held the dripping canteen nearer.

"Yes!" the trooper gasped. "Give me more—you devil. Just another drop!" he pleaded pathetically, with wild, crazed eyes. Then his hand suddenly sought the butt of the weapon at his hip, as the half-breed shook his head sneeringly.

"You die for water, I guess!" taunted Joe Mary with intense, savage instinct. "Mebbe I give one big drink—all, then shoot quick—eh? Plenty water over there," and he pointed with long, lean arm toward the foothills. "Mebbe I don't give water—eh, but go away and no shoot now. You die just as same! Which?" and he leered treacherously forward as he again held the canteen toward the trooper.

"Water!" gasped the man still chokingly, and he snatched greedily at the proffered tin and carried it joyfully to his lips. The water ran in a gurgling, grateful stream down his parched and swollen throat and oozed tricklingly from the corners of his mouth. Then, when at last the ecstasy was over and the awful, consuming thirst was conquered, he threw aside the empty tin and faced the half-breed's still threatening weapon.

"Now I'm ready to die. I've had a drink!" he remarked coolly, as he wiped the moisture from his lips and stood still, staggering a little, as the half-breed's eyes glittered and gleamed death to him over the sight of his menacing muzzle.

Overhead, the solitary buzzard still circled and looked down from dizzy heights and the coyote still skulked expectantly among the growing shadows of the sand hills.

Joe Mary paused, stepped back a pace and again raised his weapon. Then, just as the muzzle grew suddenly steady once more, and his bronzed forefinger began to crook closely against the trigger, there came, sharp upon the still desert air, a quick, warning rattle and a subdued hiss at his feet, and with a wild look of abject terror in his evil eyes, he leaped quickly aside, and as he did so there was a sudden spurt of flame, followed by a quick puff of smoke and a sharp report, and Joe Mary pitched forward and lay still, face downward, in the alkali dust.

"Just a trick of the tongue!" muttered the trooper laconically, as he shoved his still smoking weapon back into its holster, and, climbing weakly upon the dead man's pony, rode off in the direction of the foothills.

Freeing of Insects

Festival in Japan

From time immemorial the people of Japan, especially the children, have kept singing insects in little wooden cages, as the people of the West keep birds. But once a year, in the early autumn, comes a day for all people to free their insects, so that they may join wholeheartedly in the lyric outburst to the Seven Flowers of autumn. The famous old garden in Mokujima, not damaged by the quake, was the center of that observance this year as in years gone by. The autumn flowers were in bloom, Japanese lanterns threw a mellow glow on the thick, carefully tended foliage and upon the old pond with its fantastic bridge and lotus flowers, lighting the paths for the gayly clad throng clattering here and there on their wooden geta.

Nearly all of them carried little cages with several insects in each one. Those who did not have pets to free bought songsters from stalls set up at the entrance to the garden. The visitors gathered in groups near grass plots, formed circles and opened the doors of their cages, gently pushing out the insects. Then they listened eagerly for them to join in the joyous cry of freedom.

Writers on Japan from the time of Pierre Loti have described graphically the almost deafening sound of the cicadas in the late summer and early fall. The insects fill the air throughout Japan with their song.—New York Evening Post

Absent-Minded Engineer

Hale Holden, the famous railroad man, told a railroad story at a banquet.

"A crowd of angry commuters," he said, "were cursing and swearing in the station at Mudville, the terminus of the P. D. Q. Their grievance was that at 10:30 the 8:15 had not shown up yet.

"Finally the conductor appeared, and a commuter roared at him:

"'What's the meaning of this, Jefferson? Why no 8:15?'

"The conductor answered:

"'Bill can't remember where he put the engine last night.'"

Pimples

What can I do?

"OH, why can't I have a skin like other girls? Why do I have to have these ugly pimples, blotches and blackheads?

"If I could only find something that would clear up my skin and give me back my soft, rosy complexion, I know I would be the happiest girl in the world! What can I do?"

Is that you talking? If it is, you don't have to worry a minute! Just build up the rich, red blood in your body. Then your skin will be as clear and soft as anybody's.

That's what S. S. S. has been doing for generations—helping Nature build rich, red blood! You can build red-blood-cells so fast that the impurities that cause breaking out on the skin hardly get into the system before the pure blood annihilates them—kills them right out—stops them from breaking out through the skin.

And then this rich, red, pure blood feeds and nourishes the tissues of the skin and keeps it looking healthy.

That's all there is to it. Healthy, vigorous, red blood such as S. S. S. helps Nature build, makes you healthy all over. It beautifies your skin—drives away pimples, blackheads, blotches, rash, boils and eczema—gives you back your appetite—builds firm, plump flesh and fills you full of new life and energy.

S.S.S.

All drug stores sell S. S. S. Get the larger bottle. It's more economical.

Boschee's Syrup

HAS BEEN

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Carry a bottle in your car and always keep it in the house. 30c and 90c at all druggists.

The Changes

"Ah, how times change!" musingly began Professor Pate. "'No longer—"

"That's a fact!" impolitely interrupted J. Fuller Gloom, the human snapping turtle. "In the good old days we paid 10 cents or a quarter to get into the skating rink, and then sailed round and round till our feet slipped and we tumbled down and dislocated our shoulders, broke our collar bones or fractured our limbs. But nowadays we purchase flivvers, and break our arms cranking them or they run off from a high bank or try to climb trees or meet other flivvers in the middle of the highways, and fracture various and sundry portions of our anatomies. Tempus does indeed fugit."—Kansas City Star.

Sore eyes, blood-shot eyes, watery eyes, sticky eyes, all healed promptly with nightly applications of Roman Eye Balsam. Adv.

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The normal human heart pumps one and one-half gallons of blood each minute, while that of a vigorous athlete circulates eight to nine gallons. The heart action decreases from 30 to 40 per cent when a normal person stands up.

Sorry

Visitor—What nice furniture!

Little Ronald—Yes, I think the man we bought it from is sorry now he sold it—he's always calling.

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TRIMS OF METAL LACE POPULAR; SNUG FITTING HATS IN VOGUE

IN KEEPING with the elaborate note metal laces trim many an evening gown. Athwart the sheen of shimmering satin or regal velvet, flounces and embellishments of scintillating laces send their silvery gleam in fascinating manner. Note the word silvery, rather than golden, for, while gold lace is used to some extent, silver effects are preferred.

It is an all-over silver lace which forms the bodice portion of the lovely flesh-colored satin frock in the picture. The satin is handsomely manipulated in three tiers to form the skirt. Of course the frock is sleeveless, as all evening gowns must be.

A Fetching Evening Gown.

So pronounced is the use of metal lace milady is wearing the separate blouse entirely made of metal lace. This fashion is the outcome of the vogue for two-piece gowns, which has become so widespread that our evening dresses, as well as our sports frocks, follow this mode. If one is not partial to solid metal lace there are obtainable handsome laces of silk which are threaded with silver. These are trimmed with silver buttons and loops, and the effect is indescribably lovely. With rippled black velvet skirts, white brocade blouses are worn overpatterned with silver design.

Very effective is a sleeveless sheath-like robe of black velvet, which departs from its simplicity through means of two rippling flounces of metal lace, each edged with fur.

Godets inset about the hemline offer another charming use for silver and gold lace. This method is especially employed in connection with georgette frocks of lovely color.

Speaking of lace in general, the message comes from every authoritative source that lace of every description will be the outstanding feature of frocks for the near future.

Millinery stylists voice their approval of wide, narrow or no brim at all. It is therefore left for each woman to decide the question for herself. If "actions speak louder than words," the little snug-fitting chapeau wins, for while we enthusiastically discuss graceful wide brims most of us wear small hats of style distinction.

To the woman of elegant mode, the little hat made entirely of wide belting ribbon makes appeal for smart town wear. The model in the lower left corner of the picture is typically high class. It is of black belting ribbon from start to finish. Double pearl with rhinestone pins forms a scintillating trim.

Another belting ribbon model is illustrated to the left at the top. It is hats of this trend which promise a successful vogue for the coming midseason.

In colors, gray is meeting with extreme favor. The tall-crowned chapeau at the top of the picture to the right is designed entirely in tones of gray. The crown is velours with an inset of heavy georgette for the wee front brim. Flat ostrich in blended tones forms the trimming.

Velvet printed in multicolorings covers the top of the hat shown last in the picture. Fancy metal ribbon forms the rose-pompon at one side.

The exclusive-looking chapeau to the right center is such as a woman of discriminating taste will choose. It is styled of suede cloth in conjunction with mole fur.

One of the newest features introduced in Paris is the box-like turban. Necessarily the crown is very tall and conventional in lines, but it carries style and is decidedly becoming.

JULIA BOTTOMLEY.

Group of Snug Fitting Hats.

(©, 1925, Western Newspaper Union.)

FAMILY BUDGET SAVES WORRIES

Spending on Paper Gives Feeling of Security.

(Prepared by the United States Department of Agriculture.)

The United States government is wondering how it ever got along without a budget, and the homemaker who has tried such a spending plan for the family income feels the same way. This scheme of spending the income on paper first gives a sense of financial security. It is the only way to make sure that every member of the family will get his just share of the family income, that all necessary expenses can be met, and that a fair portion will be saved for future needs. Such a budget is comparatively easy to make and far easier to live up to than many families think, until they have tried it. The bureau of home economics of the United States Department of Agriculture gives these suggestions for drawing up the family budget:

Making a Family Budget Saves Worries.

First, list all the purposes for which money must be spent. Include every expenditure from taxes to shaving soap, if you can, and by no means forget savings. Only by considering every use to which the family income must be put can a balanced budget be made. Get the cooperation of all the family in this if possible and clear up any false ideas about what a budget really is.

Make the list of expenses detailed.

Hot Pot of Mutton and Barley Is Easily Made

The United States Department of Agriculture gives the following directions for making a hot pot of mutton and barley:

1 pound mutton
½ cup pearled barley
1 tablespoonful salt
4 potatoes
3 onions
Celery tops or other seasoning herbs

Cut the mutton into small pieces, and brown with the onion in fat cut from the meat. This will help make the meat tender and improves the flavor. Pour this into a covered saucepan. Add two quarts water and the barley. Simmer for 1½ hours. Then add the potatoes cut into quarters, seasoning herbs, and seasoning, and cook one-half hour longer. This recipe will serve five people. Rice can be used in place of barley.

HOT PUDDINGS FOR DESSERT SATISFY

Cottage Pudding Is an Acceptable Conclusion.

(Prepared by the United States Department of Agriculture.)

Hot puddings for dessert were more popular a generation ago than they are now—partly because many of them took much time to prepare and cook, and partly with our newer knowledge of diet, a rich heavy pudding is considered inappropriate at the end of a rich heavy meal. But when for some good reason the other courses and dishes of a meal have been less satisfying than usual, a good plain hot dessert such as cottage pudding may be a very acceptable conclusion to a dinner. Perhaps smaller than ordinary portions have been served—or one has used up a number of leftovers—or there may have been unexpected company, necessitating a change in menu. Whatever the reason for choosing it, cottage pudding is appetizing and filling, and is one of the easiest desserts one can have, for it can be put in the oven about the time the first part of the meal is served, and will be ready to take out in about half or three-quarters of an hour, depending on the kind of pan in which it is cooked. It is therefore a good "last-minute" and emergency dessert, served either plain or varied in many ways.

The recipe below is given by the United States Department of Agriculture:

Cottage Pudding.

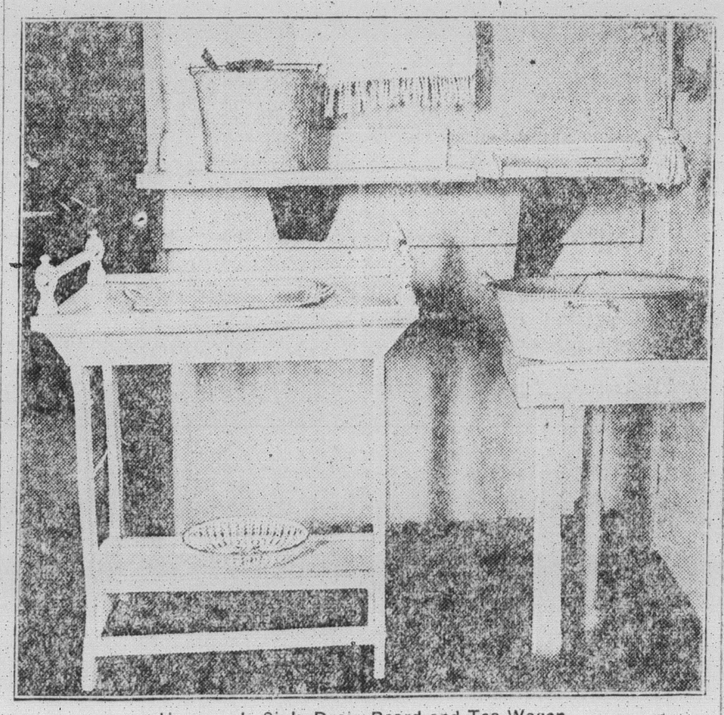
1 cupful milk.
2 1-3 cupfuls sifted soft wheat flour.
¼ to 1-3 cupful fat.
1 egg.
3 teaspoonfuls baking powder.
2-3 cupful sugar.
¼ teaspoonful salt.
½ teaspoonful flavoring.

Mix and sift together the dry ingredients. The eggs are beaten slightly and added to the other liquid ingredients, which are then stirred gradually into the dry. The melted fat is added last to the batter, rather than mixed with the liquids. Bake in a fairly hot oven (about 390 degrees Fahrenheit) if muffin pans are used to make individual servings; or at a more moderate temperature (about 365 degrees Fahrenheit) in a thin loaf.

Cottage pudding is usually served hot with a sauce, which may be hot or cold. It may be hard sauce, whipped cream, chocolate sauce, a canned or stewed fruit sauce, or one of the slightly thickened hot sauces such as lemon, orange, raisin, or vanilla, which sometimes have egg or cornstarch as the thickening agent. Small amounts of canned fruit may be utilized to advantage in such a sauce, as, for example, some leftover canned pineapple or peaches.

A cupful of nut meats, seeded raisins, sultanas, dried currants, or dates may be added to plain cottage pudding batter to make a more elaborate dessert. Except for the sultanas and currants any of these should be chopped into convenient pieces and lightly floured. They are added when the batter is mixed. A chopping bowl is more satisfactory for preparing the nuts or fruits than a meat grinder. Chopped dried figs, either just as they come, or stewed and drained of all liquid, may be added if liked, or stewed fig sauce may be used with a plain pudding. Canned blueberries (also fresh blueberries and blackberries in season) and canned cherries are other fruits which may be added.

VIRGINIA WOMAN MAKES INEXPENSIVE SINK



Homemade Sink, Drain Board and Tea Wagon.

(Prepared by the United States Department of Agriculture.)

"Necessity is the mother of invention." Like many farm women, the one whose sink is illustrated was without running water in her kitchen, and without any convenient arrangement for disposing of waste water. Dishwashing was a needlessly hard task, and yet the cost of a new sink was prohibitive.

Inspired by suggestions from the extension agent from the Virginia Polytechnic institute and the United States Department of Agriculture, this woman, who is a widow with three small children, living in Albemarle county, Va., solved her problem by cementing an old dishpan to a drain pipe, as shown in the picture. A hole was made in the bottom of the dispan to fit the pipe, and this was covered with a 10-cent rubber stopper when dishes were being washed. The result from this and other inexpensive changes which she made was so successful that she won the county prize for the greatest improvement in her kitchen at the lowest cost. She has a narrow work shelf near this improvised sink, on which to put the clean dishes, and a wheel tray made of an old washstand, by means of which she brings the soiled dishes to the sink. As the bucket indicates, she still has to get her water from a pump in the yard, but she does not have to carry any waste water, and will doubtless achieve a simple system for having running water as soon as she can afford the additional expense.

Giant Statesmen, Present and Past

"It is impossible to make a just comparison between senators of today and those who loom large in senate history. It is much like the attempt to measure modern lawyers against the legal giants of the past. We select a few great names and forget the abundant mediocrity. Two things are certain. One is that the problems with which senators must nowadays wrestle have not decreased in number or complexity. The other is that the senators to whom these problems are presented must divide their time between the task of solution and the political work essential to success in open primaries and in state-wide elections.

"The result is that senators are much more closely in touch with the life of their constituents and more responsive to their will. Whether in the end this makes for better government and sounder statesmanship is a question which each citizen must answer according to his conviction. At present it is a purely academic question. The open primary and the statewide election were necessary parts of the modern revolt against abused authority. It is too soon to affirm whether or not the change is salutary and permanent. However this may be, it is certain that the senate is no longer Mount Olympus, but it is also true that Pennsylvania avenue is a very different thoroughfare from Main street."—Senator George Wharton Pepper, in the Forum.

Watch Cuticura Improve Your Skin. On rising and retiring gently smear the face with Cuticura Ointment. Wash off Ointment in five minutes with Cuticura Soap and hot water. It is wonderful what Cuticura will do for poor complexions, dandruff, itching and red, rough hands.—Advertisement.

Find the Tarantula

"There's one exciting annual event that occurred in my old home town that I miss very much since I've moved to the city," declared a Gladstone avenue salesman, "—the discovery of a tarantula on a bunch of bananas by the leading grocer. As a thriller for the entire populace that towered over any other happening. With the discovery the town marshal or some other hero managed in some way to get the huge spider into a bottle which was corked up and placed on display in the grocer's window. Every one turned out to inspect the capture; girls screamed and women shuddered."—Detroit News.

Constipation generally indicates disordered stomach, liver and bowels. Wright's Indian Vegetable Pills restore regularity without griping. 372 Pearl St., N. Y. Adv.

Nature's Balance

A balanced aquarium consists of green pond weed, either floating or rooted, a few snails, tiny animals known as water fleas and fish. The animals eat the plants and give off organic waste from which the plants make their food. The plants give off oxygen to the animals and the animals give carbon dioxide to the plants. Thus the balance exists.

Keep the Earth

When you get a piece of this earth, keep it. It cannot be stolen, doesn't rust; you are your own board of directors; unlike watered stock, there is only just so much of it, and it goes up in price. The Indians sold Manhattan island for $24. The land in Central park alone is now worth a thousand millions.

Ohio's Paint Production

It is not generally known that Ohio produces nearly one-fifth of the total volume of paint products in the United States, its output reaching 22,000,000 gallons a year, which exceeds by 2,000,000 gallons the total for her nearest competitor, New York.

Solitude frequently surrounds the man who is alone with his thoughts.

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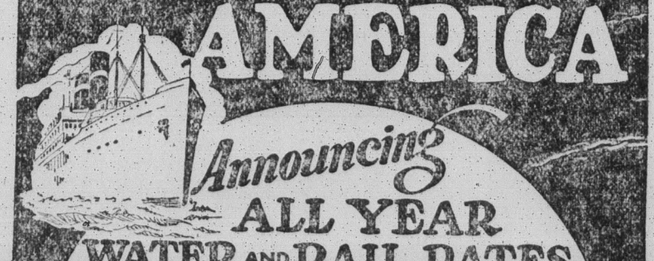
Dr. Isaac Thompson's Eyewater

W. N. U., San Francisco, No. 52--1925.

Actors are fragmentary individuals. They are always appearing in parts and the parts are in pieces.

Only a woman who thinks before she speaks can economize on talk.

Around and Across AMERICA



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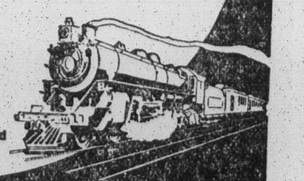

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AMERICA WRITES WORLD HISTORY

By SAMUEL McCREA CAVERT
Secretary of the Federal Council of Churches

Some future historian, writing the records of Europe and the Near East in these days when armies fought and won and lost, in this age when governments rose and fell, in this time when nations struggled madly with each other for economic mastery, will set down that the greatest influence of all in the final development of the problem, was the quiet work of the American relief organizations.

It is America which has introduced a new motive into international politics, the new-old motive of the Golden Rule. After nineteen centuries, there has come out of the West, from the youngest of the nations, a voice that speaks and a force that acts, from other motives than pure political selfishness.

The humanitarian and educational work of America in the Near East is more than just an emergency organization for saving human life.

It may become the great educational organization which more than any other force now existing will prove the turning point for building a new international solidarity based on good will and mutual understanding.

On Golden Rule Sunday, December 6th, our thoughts will be directed to these problems. It will be a day for meditation and thought on world affairs, not merely for compassion and pity, but with a motive of desire to rebuild a tottering world. Our foreign relief organizations are great agencies of international good will, interpreting to the world the better side of America.

In a day when so many of our people have provincial attitudes, so provincial that many of them can glory in the slogan "America First" in its narrowest sense, we need this day to enlarge our vision and make us think of all nations and all men as members of one common family.

At any moment we may be called upon to help in directing America's course in world affairs. Unless I am mistaken, they will gravitate as they have so often done, toward Constantinople. There Bolshevist Russia, Moslem Turkey, African and Asiatic tribes, and the white man are likely to assemble for momentous ends.

Golden Rule Sunday will be observed throughout the United States in December, on behalf of the Near East Relief. This series of articles, by prominent public men who are supporters and spokesmen for this great philanthropy, is designed to call public attention to the background and purpose of the work and its need for general support.

DON'T FORGET TO RENEW YOUR SUBSCRIPTION, Please

FURTHERING WORLD PEACE

By SIR ESME HOWARD
British Ambassador to the United States

PUBLIC opinion in America is rallying to the belief that the nation's own prosperity depends to a great extent on the prosperity of others. By helping the Near East Relief you are laying a great foundation for America's future in foreign lands.

You may think it strange that I, as an Englishman, should rejoice to see American competition growing in these countries of the Near East. I do so not only because as a sincere friend and admirer I am glad to see prosperity in this country, but also because I believe it will bring prosperity to those countries also.

At the time of the Christian exodus from Anatolia, 1,500,000 refugees were received into impoverished Greece. It is estimated that fifty per cent of these people are now able to provide for themselves. The Greek government is spending millions for this purpose, and the refugee commission of the League of Nations is administering a large international loan for the same purpose. I say this to show how impossible it is to expect these overburdened agencies to take over the many thousand children whom the Near East Relief is so generously and magnificently supporting, teaching them to earn their own living and become useful citizens. For the Near East Relief not only gives these children what we generally mean by education, but also teaches them all kinds of trades by which they may become self-supporting as they grow up.

Here is a work in which we all, whatever our faith, can gladly and heartily co-operate. It is a common ground on which we can all join in the service of God and of our fellow men.

Golden Rule Sunday will be observed throughout the United States in December, on behalf of the Near East Relief. This series of articles by prominent public men who are supporters and spokesmen for this great philanthropy, is designed to call public attention to the background and purpose of the work and its need for general support.

At night after the evening meal is the "Wright hour". Then read aloud to the family

Harold Bell
Wright's

latest and best story, "A Son of His Father". Several hundred thousand families are doing this within a week after publication. Be one of them. $2.00 a copy at all booksellers. D. Appleton & Company, Publishers, 35 West 32nd Street, New York.

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ESTIMATES GIVEN PRICES REASONABLE

Khedive's Ex-Chef Gives Cooking Tip

Great chefs are born, not made. Rarely if ever do they rise to the heights in their profession by dint of perseverance. In Europe and the East a chef with the true gastronomic instinct is treasured jealously. He expects and obtains the treatment of an ambassador. His dishes are the pride of his master, to be boasted of to friends in the cafes and bazaars.

H. Gedojian.

Such a chef is Haroutoun Gedojian, sometime chef to the family royal of the khedive of Egypt, now the owner of a bizarre gold coast restaurant in Chicago. In his forty-three years as a chef extraordinaire, Haroutoun's word has been law in the cuisines of three Egyptian princes and one princess, the mother of the khedive. When Lord Kitchener was sirdar of Egypt, before the trouble in the Soudan, Haroutoun cooked for him.

One of Kitchener's favorite dishes, according to Haroutoun, was schischkabb, a dish made from milk-fed baby lamb. Prince Jamiel, another of his masters, was particularly fond of dried cream and honey, a preparation which is one of Haroutoun's zealously guarded secrets. Prince Saad Pasha was a keen admirer of a confection Haroutoun makes entirely out of flour, butter and nuts.

In many of his admirable dishes, Haroutoun uses evaporated milk, which is simply fresh cow's milk sterilized in cans and with sixty per cent of the water removed. Because of a homogenizing process through which evaporated milk is put, the fat globules in the milk are broken up into microscopic particles and distributed throughout the milk, where they remain in homogeneous suspension.

This breaking of the fat globules gives a distinct buttery flavor to every drop of the evaporated product, a flavor which ordinary market milk does not have. Haroutoun says he uses evaporated milk in preference to market milk in the preparation of all sorts of baked dishes, as well as in cooking.

Rank Health With Three "Rs" Is Plea

By MARIE K. JOHNSON

As an educational subject for children, health should hold equal rank with the three "R's" in the curriculum of public schools. Doctors declare that without a healthy, sturdy body it is impossible for the child to have a healthy, happy mind.

Marie K. Johnson.

Neglect of childhood defects may result in permanent physical impairment later on. Many childhood ills are traceable directly to malnutrition.

High school students especially need a variety in foods for at this age their growth is rapid. The protein or "building food" should be abundant for high school boys and girls. When they buy their luncheons, high school pupils are apt to display a preference for chocolate sodas, cream puffs and candy. An appetizing luncheon put up at home is much to be preferred to the sort the boy or girl might obtain at the corner store near the school.

Meat is all right for the school luncheon but it should be put up in tempting form. If sliced thin it is more appetizing in sandwiches than if in thick pieces. Beverages or soup may be carried in thermos bottles but the bottles must be carefully washed and aired daily after using.

Milk is recommended for an important place in the boy's or girl's diet because of its proteins, minerals, phosphorus and calcium, necessary for the development of the body and in the case of calcium and phosphorus for the building of bone and teeth. Evaporated milk has come into favor as a health builder for children as well as adults because by removal of 60 per cent of the water it is rendered more than twice as rich in food value as ordinary milk and by a process called homogenizing more digestible than bottled market milk.

Crisp lettuce and celery, carefully washed and dried, may be so wrapped in oil paper that they will be fresh and in good condition at lunch time. Lettuce should not be used in sandwiches for wilted lettuce is almost indigestible.

Caloric Requirements of the Child

DIETITIANS declare that the average boy or girl of four years should receive about forty calories a pound of body weight per day. The average weight of a child of four years is forty pounds. Therefore the total caloric requirement would be approximately 1,600 calories. Calory is merely the name for a certain measure of heat derived from the burning of food.

Necessarily, the caloric requirement of the child is dependent on his temperament, since a child who plays hard and long requires more nourishment than one who leads a quieter life. Rate of growth also has a bearing on caloric requirements. The child who is growing rapidly should be given more food to meet his caloric needs than the boy or girl whose growth is normal.

Mothers know the daily diet should consist of the essential foodstuffs, protein, carbohyrates, fats, minerals and water. The important thing for her is to learn the foods that contain these essentials in a balanced diet. Below is a well-balanced menu for any child six years old compiled by an authority on home economics.

ONE DAY'S MENU FOR SIX-YEAR-OLD CHILD.

Breakfast.

6 stewed prunes	120 calories
½ cupful cream of wheat	85 calories
Served with half cream (6 tbsp.) and half evaporated milk	140 calories
1 slice buttered toast	150 calories
1 cup cocoa made with evaporated milk	150 calories
	645 calories

Luncheon at School.

Baked potato and butter	200 calories
½ cupful spinach	25 calories
1 baked apple (1 tbsp. sugar, ½ tbsp. butter)	200 calories
1 glass milk	160 calories
1 slice bread buttered with ½ tbsp. butter	100 calories
	685 calories

Afternoon Luncheon at School.

1 orange	100 calories

Dinner.

1 small piece broiled steak (2¼ x 2½ x ½)	75 calories
½ cupful mashed potato	100 calories
2-3 cupful lima bean soup made with evaporated milk	75 calories
1 glass milk, orange drink	160 calories
	510 calories
Total	1,840 calories

Children often become wearied of drinking plain milk. Mixing their milk with fruit juices is a welcome change. Following is the recipe for a refreshing milk drink: Mix ⅞ cupful orange juice, ¼ cupful evaporated milk, three teaspoonfuls of sugar, ½ teaspoonful of lemon juice and a few grains of salt. Shake well in a fruit jar before serving.

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Nourishing Drink for Children

BABIES and children, the same as adults, grow weary of being fed the same food in the same way each day. It is true that most children take naturally to milk, but that does not mean that they must be fed it ad nauseam. On the contrary, that is the very thing to be avoided.

Pediatricians advise consumption by children of a quart of milk a day in one form or another. This does not mean skim milk, but whole milk, for the skimmed product is lacking both in butter fat and the essential food element known as vitamin A, which is found in butter fat. Many mothers do not appreciate that removal of cream from the top of a bottle of milk results in skim milk.

In evaporated milk, a product recommended by many leading doctors for the use of infants and children and which is simply pure cow's milk sterilized in cans and with sixty per cent of the water removed, there is no cream line. The milk in the top of a can is the same as it is in the bottom of the container. This results from a process called homogenization, in which the fat globules in the milk are broken up into such microscopic bits that they remain in homogeneous suspension. Every drop of homogenized milk has a buttery taste because it contains butter fat. For this reason, in evaporated milk there is none of the flat taste one finds in drinking from the bottom of a bottle of market milk.

In order to avoid feeding the baby or child plain milk three or four times a day, many authorities recommend the use of a mixture of fruit juice and milk, a highly palatable and refreshing drink.

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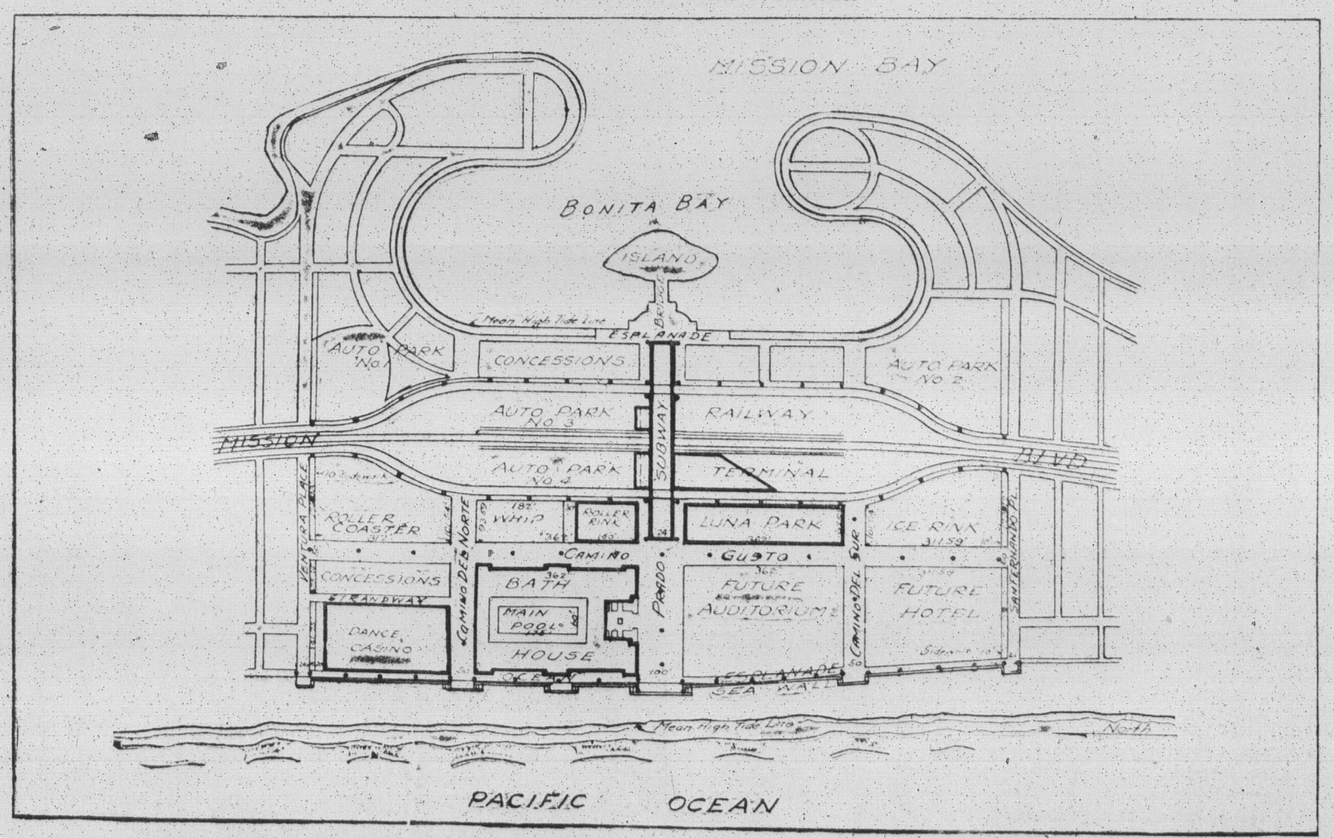
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